



The Sensory Calm Toolkit™

Use one or two gentle sensory cues to help reduce stimulation or reconnect with the present.



SOUND

- Lower background noise.
- Play soft music or steady nature sounds.
- Try earplugs or noise-reducing headphones.



TOUCH

- Wrap up in a soft blanket.
- Hold a smooth stone, mug or textured object.
- Place a hand over your heart or abdomen.



TEMPERATURE

- Hold a comfortably warm drink.
- Place a cool cloth on your face or neck.
- Adjust the room or your clothing.



LIGHT

- Dim harsh overhead lighting.
- Use a warm lamp in the evening.
- Step away from a bright screen.



MOVEMENT

- Rock or sway slowly.
- Stretch without forcing.
- Take a quiet walk and notice each step.



BUILD YOUR CALM COMBINATION

Choose one cue to reduce stimulation and one cue to help you feel grounded.



GENTLE REMINDER

Different nervous systems prefer different input. Stop or switch practices if something feels irritating or uncomfortable.



Martine's Midlife Wellness Tip

Create a small calm basket with two or three comforting items so they are easy to reach when you need them.