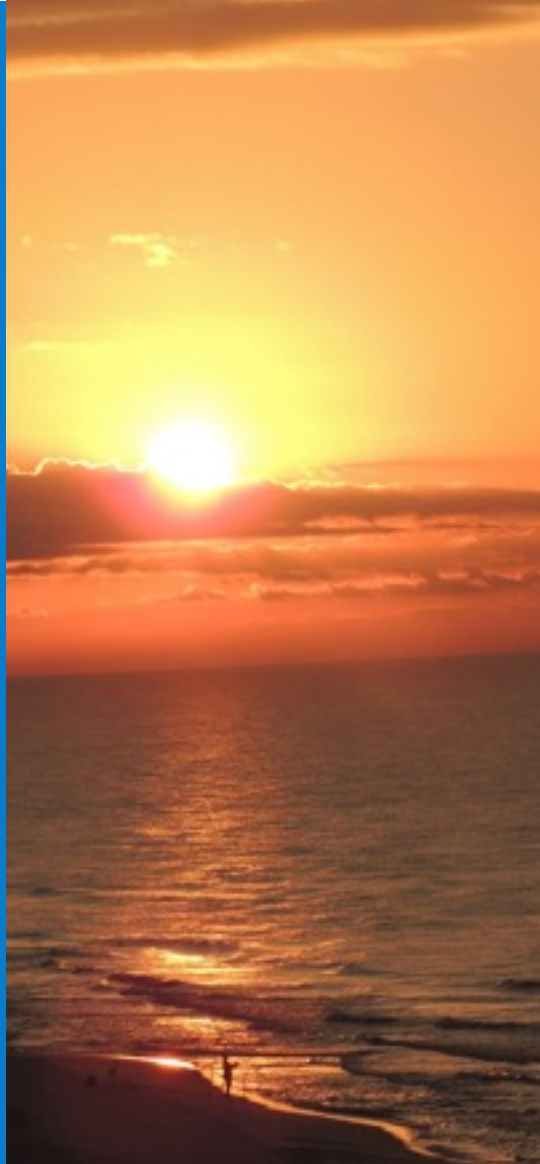


## Sight/Sound/Smell/Taste/Touch

- Become intentional about the colors you surround yourself with — moods shadow the shades in your environment. Choose tranquil blue, calming green, and soothing yellow accents for earthy energy.
- Music speaks a soul-language. Choose healing comfort in peaceful melodies that renew your spirit.
- Literally smell the coffee and the roses. Pay close attention to the scents surrounding you. Use essential oils, scented candles, room fragrances, or step outside and inhale deeply of nature's air freshener.
- Think back to childhood. When you were young and in love? What were some of your favorite flavors? What haven't you tasted in years? Buy it, bake it, beg someone else to make it for you.
- Pay attention to textures. Don't pass ordinary things blindly. Remember what it was like to touch, feel, brush, and fondle in appropriate and innocent ways?



"A dry cup has nothing to pour into someone else. Restore empathy, use all 5 Senses and refill your soul."

Anita Agers Brooks, author of Readers' Favorite International Book Award Winner: **Getting Through What You Can't Get Over**

## Secondary Traumatic Stress and the Silent Sufferer



Healing Strategies  
Insider Insights

# Give Yourself Permission to Refill

- Play
- Doodle
- Write Songs/Poetry/Jokes
- Get Physical
- Hydrate
- Rest
- Stretch/Breathe/Squat
- Become the Smile Police
- Incorporate Psychology of Color
- Get Outdoors
- Take Mental Breaks
- Explore and Express Gratitude
- Turn Off Devices Temporarily
- Separate Facts from Feelings
- Contribute to Greater Good
- Meditate and Pray

