

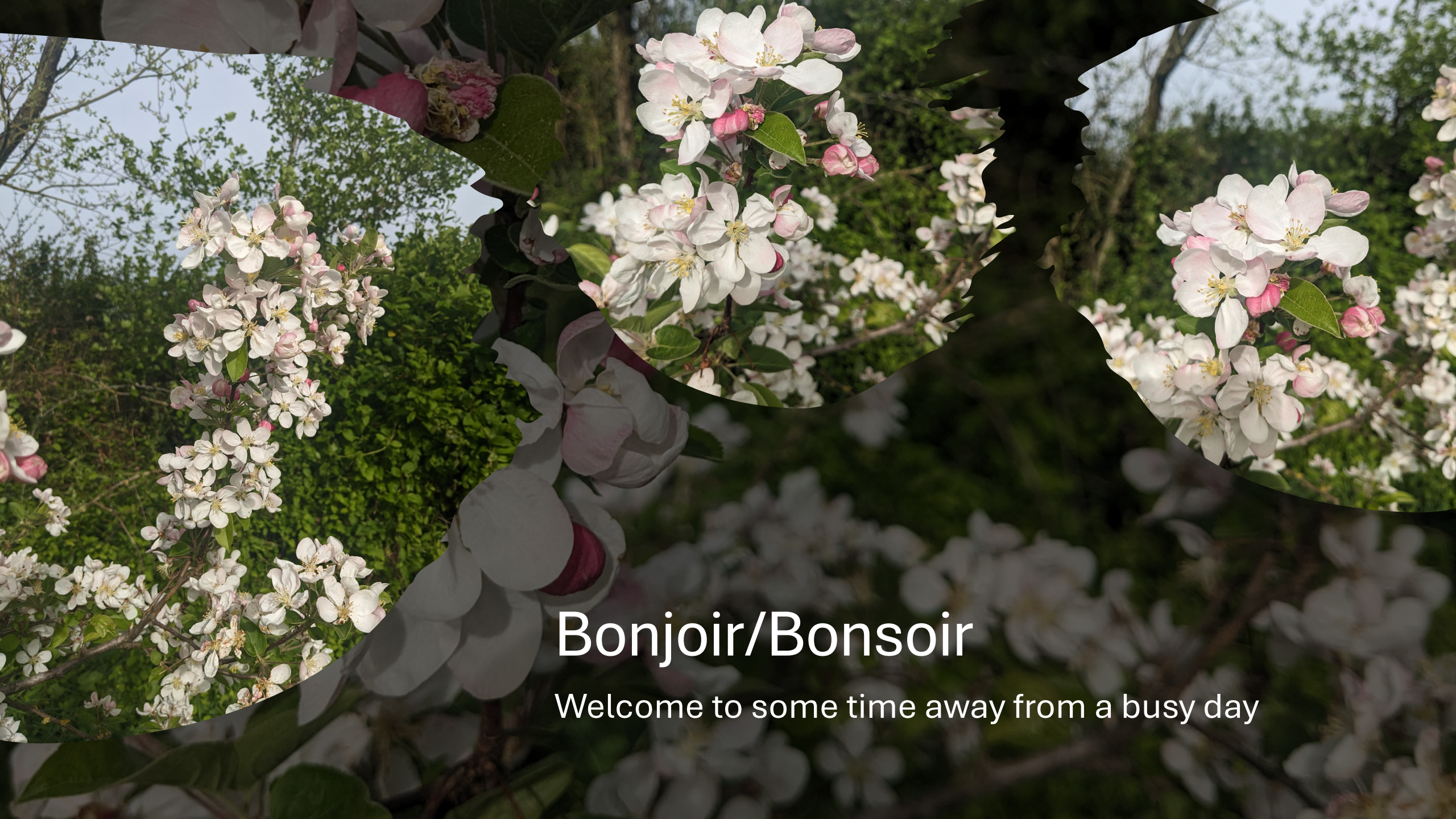


# Frugal French Farmhouse

Everyday Doses of Positive Therapy

LIVE Session on 7<sup>th</sup> April 2024





Bonjour/Bonsoir

Welcome to some time away from a busy day

The background consists of a dense, overlapping collage of small, rectangular sticky notes in various colors: blue, green, pink, yellow, and light blue. Each sticky note has a large, bold, black question mark printed on it. The notes are scattered across the entire frame, creating a vibrant and busy visual texture.

# Any Questions!!

Write in the Comments and we can work through at the end.



# *Calming Down*

**Sensory Strategies for Stressful Days**



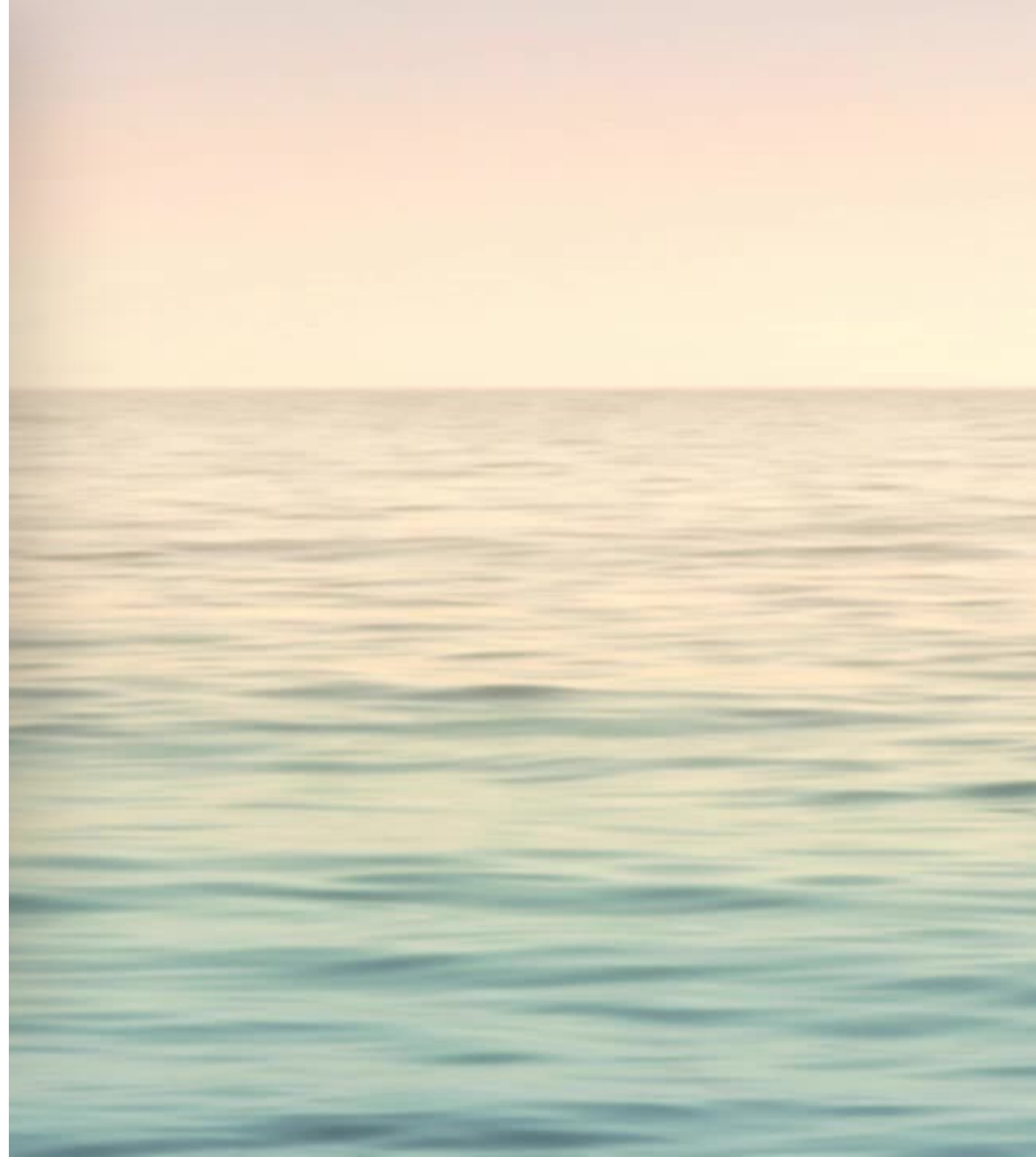
*Bring in the Senses*

*Regulate your reactions and melt away tension.*

# Looking/Visualizing

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- Have a photo ready on your phone and look at it closely.
- If you have a short video e.g. of a woodland walk, or a stream, then even better.



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- Something more abstract e.g. a mix of green or turquoise colors can work well.
  - Images of Sea, Sunset and Trees work well.
  - And remember you can do a quick search for images on a search engine or on Pinterest. *Technology can support at stressful times.*





Escape



# Listening

- Listening to music, both distracts and calms mind and body.
- Choose something which is calming with a slower beat (not sad words).

Relax, while listening. Let your gaze go soft or close your eyes.

Focus on the rhythm.

Do a quick body scan to check there is no site of tension (shoulders, jaw, hands are often the sites of tension)



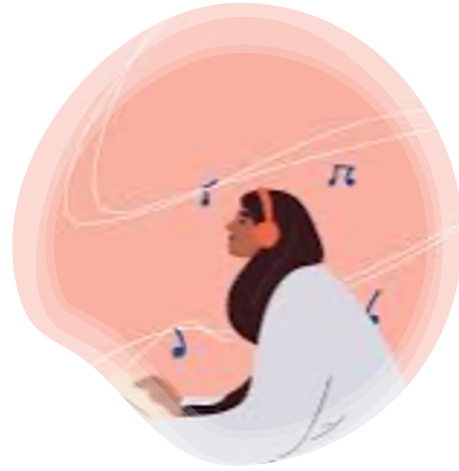
# Choice of Music ?

- I once read that the Adagio from Spartacus is supposed to be very calming for a rapid pulse.
- <https://www.youtube.com/watch?v=iGIQQ0sFFW4>
- Arvo Pärt- Spiegel im Spiegel – is more modern.
- <https://www.youtube.com/watch?v=TJ6Mzvh3XCc>
- Music is very individual - someone I know always chooses Albatross by Fleetwood Mac, and it has a strong rhythmic pulsing beat, if you listen to the bass.
- <https://www.youtube.com/watch?v=fXeKi6ZkbOw>



# Soundscape & Playlists

- Classical
- Smooth
- A montage of melodies
- Un 'mélange' of melodies!



# Taste – A brew

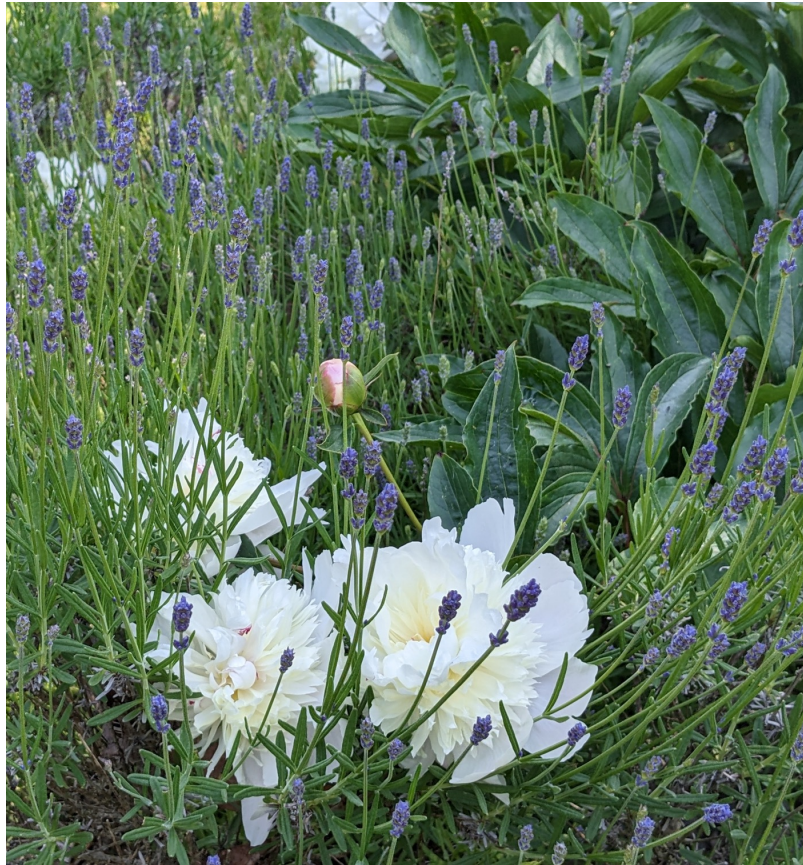
- My 'go to' is a cup of tea. (I'm English). Fragrant green or floral chamomile. I hold the cup, smell the fragrance, feel the warmth of the cup.
- For others, a cold drink works.
- It doesn't matter – sipping from a water bottle or paper cup is fine at these times.
- When we are very stressed our digestive system slows down, so a drink is suggested, rather than eating.
- Chewing gum is good, for those who like it, as it relaxes the jaw – gum tends to be a love/hate thing.



# Sense of touch

- Cool/cold water on your hands
- If you can then hand cream massaged into your hands
- Hold something soft and comforting e.g. a scarf corner
- If you are at home, wrap yourself in something like a blanket or duvet with warmth and gentle pressure on your skin.
- Close your eyes and imagine being hugged.





Touch, Taste & Vision

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# Sense of Smell

- Smell oil of lavender, clary sage or rose.
- Or a sprig of fresh herbs.
- Breathe in the scent. Focus on the scent.
- When I had a stressful job, I used to have a tiny bottle of clary sage in my bag.
- A few drops on a tissue works well too





- I have a tissue (Kleenex) with drops of lavender or geranium oil ready on a flight.
- Again, this is individual ... the scent of coconut oil or special perfume ... drift away to a beach or a summer's day.
- I have a very old fashioned lavender perfume which my grandmother liked, which is calming.





Now for any  
Questions....



*Au revoir ... à la  
prochaine*