

## SUSTAINED ACTION PHASE

### Action-Able Exercise SA2:

# Develop healthy relief rewards

Create a feast for your senses. List healthy ways to activate relief rewards below and check the boxes for the senses impacted by each enjoyable activity.

<b>Enjoyable Experiences</b>	<b>sight</b>	<b>sounds</b>	<b>taste</b>	<b>smell</b>	<b>sensation</b>
slow exhalations (Ssss, Shhh, Ahhh)		X		X	

How will you remember to do your calming sensory activities when you need relief?

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