



HOSPARUS HEALTH®

Grief Counseling Center

There's No Place Like Home

Creating a Calming Environment

There is no getting around it. Our brains are taking in sensory data 24/7. So, in addition to managing stress by practicing breathing and relaxation, consider the environments wherein you spend your time.

We offer the following ideas for creating calm in your corner of the world.

- Turn off the TV or limit exposure to difficult or traumatic content.
- Add quiet, calming background instrumental music.
- UNPLUG! Limit access to personal electronics.
- Reduce/limit your accessibility as you are able.
- Limit screen time. Consider no phone calls or screen time 1 hour before bedtime. Blue light is stimulating and keeps your brain active.
- Focus on the lighting: Use natural light, use dimmers, and consider yellow or pink bulbs.
- Include natural elements in your environment, like house plants, flowers, wood and stone.
- Make use of diffusers. Lavender and sage are calming scents.
- Create a dedicated space for relaxing: A healing space, a prayer corner, or a meditation area.



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- Organize or reduce clutter by removing unnecessary objects.
- Add cozy touches like a soft throw or a weighted blanket.
- Surround yourself with calming photos or art that brings you joy.
- Use rooms for their intended purpose (for example, a bedroom is not meant to be an office).
- Practice good bedtime hygiene. Prepare for bed by creating a routine to wind down.
- Make your bedroom relaxing with comfortable bedding, a good pillow and darkening shades.
- Set the thermostat to the ideal temperature for sleeping.
- Consider adding a noise machine; steady background noise can be soothing and comforting (even the whirring of a fan).
- Stick to a routine. There is comfort in the rhythm of things like making your bed every morning and tidying your kitchen every night before bedtime.
- Observe regular mealtimes.