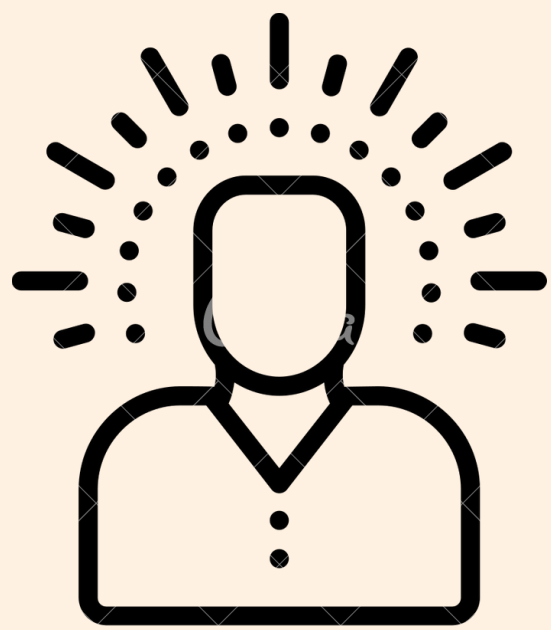


A Quiet Place for Noisy Times

Choose a space that:

- Has soothing colours
- Preferably has filtered light
- Is quiet and away from activity
- You feel secure and comforted in



When to use:

- When feeling overwhelmed by work, news or social media.
- When you feel like you need some space or time to yourself.
- To reflect.
- For your mindful practices.



What goes into a calming corner?

Essentially, anything that helps you to relax and regulate, for example:

- Pillows, beanbags or blankets.
- Weighted items (e.g. blanket, pads)
- Headphones and/or a music player.
- A favourite drink or snack.
- A quiet hobby (e.g. crossword puzzles, stitching, a sketchbook)
- A journal
- Helpful signage (e.g. breathing exercises)
- A scented candle/essential oil diffuser

