

Creating a Calm Space

Do you often feel overstimulated and overwhelmed? Do you find comfort in quiet spaces and calm environments? Creating a comfortable space and minimizing clutter can have a positive effect on our mood, thoughts and behaviors at home, in the classroom or at the office.



Create a calm space that is as unique as you!

1. Sounds – different sounds can promote different moods.
 - nature sounds or instrumental music are soothing background sounds
 - pop or dance music can promote energy and movement
2. Colors – choose a color palette that works for you.
 - cool colors can be both soothing and energizing (blues / greens)
 - colors found in nature can be very grounding and peaceful (brown/green)
3. Smells – consider what smells good to you
 - use candles, aromatherapy or cooking to fill your space with smells
4. Textures – positive memories can be brought back with how things make us feel
 - wrap yourself in a comfortable blanket, shirt or wear your favorite socks
 - fill a bowl with pinecones or smooth stones from outside
5. Objects – have items in your space that lift your mood
 - photos of family, friends, culture, favorite places
 - plants or other living things
 - inspirational or motivational quotes

Finally, declutter your space– too much “stuff” can feel overwhelming

- Pack away what you don’t need; you can always bring it back out later
- Delete or unsubscribe from email lists to reduce the number of messages you receive
- Organize your space; the internet is full of tips and articles to help
- Recycle, donate or throw out things you don’t need
 - o *Bonus: donating to others can be a great way to support the local community*

To learn more, visit the
School Mental Health Resource and Training Center at
www.mentalhealthEDnys.org or call **518.434.0439**