

Self-Soothing Activities for Smell



Open a window

Let fresh outdoor air replace stale indoor smells. (Free)



Smell a familiar book

For some people, the scent of paper and old pages carries real comfort.



Use a favorite uncented-to-you alternative

Lean on naturally familiar things, like clean laundry. The goal is comfort.



Prepare something aromatic

Pause and notice the smell of fresh fruit or herbs — before you eat.



Create a scent memory list

Write down comforting smells like rain, fresh laundry, or spices for future comfort.

