

Self-Soothing Activities for Sight



WATCH AQUARIUM FOOTAGE

- Watch for 2 minutes.

CHANGE YOUR SCREEN VIEW

- Swap busy background for calm image.



FOLLOW A SLOW VISUAL PATTERN

- Trace lines of a mandala with eyes.



LOOK THROUGH A MEMORY FOLDER

- View photos of pleasant memories. Focus on details.



DIM VISUAL CLUTTER

- Turn off extra screens and clear space.

