



Soundsations



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Listen to something while doing work, chores, or trying to relax.

Some ideas:

- Music
- Podcasts
- Audiobooks
- Nature sounds
- White noise

WHY TO TRY:

Tuning in to sound or noise can help you focus, shift your attention, stay motivated, or relax.



Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

