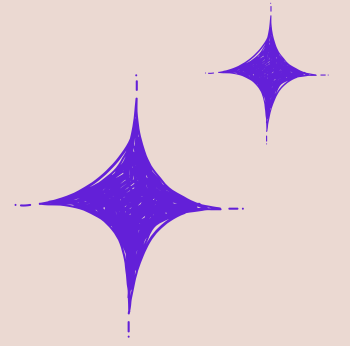




Beril Barlas



5 SENSORY

Visualizations

FOR STRESS RELIEF:

1. **See** the sun setting over the ocean
2. **Hear** birds singing in the tree
3. **Smell** the flowers in a garden
4. **Feel** the warmth of a fire
5. **Taste** the clean, crisp air

