

# SOUND BATH AFTERCARE & STRESS RELIEF

## After Your Sound Bath: Gentle Aftercare Tips

### Supporting Your Well-being Beyond the Session

Thank you for joining me for the sound bath. Now that you've taken some time to slow down and reconnect.

#### Here are a few ways to support your body and mind after the session:

1. **Hydrate** - Drink plenty of water. Sound vibrations may help the body shift out of stress mode, and staying hydrated supports your system as it rebalances.
2. **Take It Slow** - You might feel relaxed, sleepy, or more in tune with your body. That's your nervous system settling. If you can, avoid jumping straight back into anything too stimulating, give yourself time to ease back in.
3. **Reflect or Journal** - Noticing how you feel physically, emotionally, or mentally can help integrate the experience. A few lines in a journal or just sitting with your thoughts can be grounding and insightful.
4. **Deep, Slow Breathing** - A few rounds of slow, steady breathing can help extend that calm feeling. Try inhaling for 4 seconds, holding for 7, and exhaling for 8. It's a great way to support the body's natural relaxation response.

### Keeping the Calm Going: Everyday Practices

Sound therapy is just one tool for regulating the nervous system. Here are a few gentle habits to help you stay grounded and relaxed between sessions:

#### Mindful Moments

Even a few minutes a day of stillness, breathing, or simply paying attention to your senses can reduce mental clutter and help you feel more present.

#### Gentle Movement

Stretching, walking, or moving your body in any way that feels good can help release tension and keep energy flowing.

#### Soothing Soundscapes

Keep a playlist of calming music or ambient sounds you can return to during the day. Listening with intention, even for a few minutes can support mood and focus.

#### Create a Calming Space

Having a space in your home that feels peaceful think soft lighting, cosy textures, and quiet can make a big difference to how your body responds to stress.

# A FEW FUN SOUND FACTS

## **Sound & Your Body:**

Since we're made up of mostly water, sound travels through us easily. That's why you might feel vibrations or shifts in your body during a session.

## **Brainwaves & Calm:**

The rhythms and tones used in sound baths can encourage slower brainwave states, like those linked to deep rest or meditation.

## **Emotions & Sound:**

Sound connects directly to the emotional centres of the brain. That's why certain tones can bring up feelings or memories, or create a sense of peace.

# STAY CONNECTED

**If you have any questions or want to book another session, I'd love to hear from you.**

**Keep listening, stay kind to yourself, and I hope to see you again soon.**

# GET IN TOUCH

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