



STAFFROOM SOS

BUDGET FRIENDLY EASY WAYS TO CREATE A ZEN ROOM FOR YOU TO GRAB SMALL MOMENTS OF RELAXATION THROUGH THE DAY

'THINKING ABOUT YOUR SENSES'

LOOK

Are the walls cluttered? Could you add some calming/beautiful art work or prints? Could you paint the walls? Does it look clean? What is the lighting like? Could you add led candles/fairy lights? Could you change the curtains? Is the kitchen area clean? Could you add flowers/plants? Could you get some new mugs or organise the sink area?

SMELL

What does it smell like? Could you add reed diffusers/plug in air fresheners?

TOUCH

What do the seats feel like? Could you add cushions/blankets? How does the floor feel? Could you add a fluffy rug?

TASTE

Are there any treats available? Could there be a plate of fruit or healthy energy bars made available? Could you join together to buy a smoothie maker or a monthly delivery of delicious healthy snacks?



HEAR

What can you hear when you are in there? Would it be nice to play some relaxing background music?