Oct 23, 2026

Bridging Generations

LOW ENTROPY FOUNDATION

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Session 2 Recap

Theme: Managing Discomfort & Stress



How do you feel?







Making our own aromatherapy room sprays







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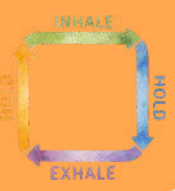
breathe





Session 2 Recap

We began our session with a check-in, talking and drawing about how we were feeling as we settled into the space. From there, youth and seniors shared how they notice when stress is building and explored a few ways to regulate their nervous systems when things feel overwhelming.

Amanda Wiebe from Embrace Your Wave created a handout for our participants with three simple steps to feel more grounded and connected.

1. Pause before stress takes over.
2. Get curious about what you need in that moment.
3. Make one small connection. It can be as simple as saying hello to someone on a walk.



Thank you, Amanda, for giving us something practical to reach for on a stressful day.

We wrapped up by making our own aromatherapy room sprays. With plenty of scents to choose from, we had fun experimenting and mixing our own concoctions to take home.



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