



[Center of Excellence for Building Capacity in Nursing Facilities to Care for Residents with Behavioral Health Conditions](https://www.samhsa.gov/coe-building-capacity-nursing-facilities-care-residents-behavioral-health-condition)

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Use the comfort menu with residents to identify ways to reduce anxiety, discomfort and pain without using medications.

Check items below that you are interested in trying...

- Relaxation**
- Stress ball
 - Hand massage
 - Visit from chaplain
 - Reading visit
 - Talking visit
 - Relaxing music
 - Soft background sounds/sound machine
 - Guided Imagery Therapy: helping you imagine positive and relaxing things
 - Quiet/uninterrupted time
 - Pet therapy
 - Essential oils
 - Darkness
 - Walking/ Change of Scenery

- Comfort**
- Warm pack
 - Cold pack
 - Ice
 - Warm blanket(s)
 - Warm washcloth
 - Cool washcloth
 - Extra pillow(s) - (neck, knees, ankles, lumbar)
 - Humidification for your oxygen source
 - Saline nose spray
 - Fan
 - Repositioning
 - Warm bath or shower
 - Gentle stretching
 - Food or beverage
 - Temperature adjustment

- Entertainment**
- Book (audio, large print)
 - Magazine
 - Movie
 - Wi-Fi for your personal laptop or tablet
 - Deck of cards
 - Puzzle book (crossword puzzles, word searches, Sudoku)
 - Notepad and pen
 - Coloring book
 - Board games
 - Arts & crafts
 - Favorite music
 - Television
 - Handheld electronic game
 - Activity apron/blanket

- Feel Better**
- Lip balm
 - Wash face/brush teeth
 - Comb or brush hair
 - Shampoo/conditioner
 - Scalp massage
 - Robe
 - Hair band
 - Mouth swab/mouth wash
 - Lotion
 - Lollipop/Lozenges
 - Chocolates
 - Sunshine
 - Prayer
 - Pet visit
 - Put on favorite clothes
 - Pedicure/Manicure

- Sleep**
- Ear plugs
 - Night light
 - Quiet
 - Eye shield/mask
 - Television/Music/Sound machine
 - Weighted blanket
 - Uninterrupted sleep time

Use this space to list other ideas

- Ask staff about safety procedures for items brought into the facility. -



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