

## Self-Soothing Ideas

Self-Soothing helps us to manage our emotions more effectively. It's hard to think clearly or feel motivated when we are dealing with heightened emotions. Have a reminder system for these moments 😊

Below are some examples of healthy self-soothing strategies. Please go through this list and remove the ones that will not work for you. Then think about your own personal ideas to add. Keep your list handy, and use it when you need it. As you begin this adventure, remember to be patient. Self-soothing is a skill that develops over time.

Good luck on your self-soothing journey!



### Sight

- ✓ Photographs of good moments, friends, and loved ones
- ✓ Pictures of nature
- ✓ Pictures of animals
- ✓ Walk outside and observe nature
- ✓ Watching waves at the beach or on your phone (YouTube)
- ✓ Watching a candle flame flicker
- ✓ Cards with positive affirmations written on them
- ✓ Looking at a snowglobe
- ✓ Seeing a funny movie or watching a funny TV show
- ✓ Read a good book
- ✓ Read an inspirational quote or verse
- ✓ Watch the clouds
- ✓ Sit quietly and look out the window

### Sound

- ✓ Play soothing music with your eyes closed
- ✓ Listen to a guided meditation
- ✓ Listen to nature outside
- ✓ Listen to an audio book
- ✓ Calling a family or friend whose voice is comforting
- ✓ Singing to yourself
- ✓ Playing a musical instrument
- ✓ Self-talk is very important to help us get through challenging moments:
  - Say a coping statement:
    - I can handle this
    - The feeling will pass

- Soothing words of comfort to say to yourself:
  - I'm sorry you're going through this.
  - I'm here for you.
  - I love you.
  - I know this is a difficult time for you.
  - You are not alone.
  - I believe in you.
  - It's okay to feel this way, it makes sense to me.
  - I can understand.
  - You can count on me.

### **Taste**

- ✓ Drinking tea or hot chocolate with your eyes closed
- ✓ Eat something healthy that makes you feel good
- ✓ Eat your meals without distractions
- ✓ Chew gum
- ✓ Slowly sucking on a hard candy....such as a mint

### **Smell**

- ✓ Deeply breathing in fresh air (mindful breathing can help us to calm and soothe ourselves)
- ✓ Use body lotions, perfumes or soaps that smell good to you
- ✓ Light scented candles or oil
- ✓ Burn essential oils in a diffuser
- ✓ Smell freshly baked foods (cookies, pastries, etc.)
- ✓ Cook a meal that smells delicious to you
- ✓ Smelling fresh flowers

### **Touch**

- ✓ Hug a soft pillow
- ✓ Hold something fluffy like a soft blanket or stuffed animal
- ✓ Use a weighted blanket
- ✓ Use a heated blanket or heating pad
- ✓ Hug someone you love
- ✓ Hug yourself
- ✓ Place your hand over your heart and gently pat your chest (this represents unconditional love)
- ✓ Feel playdoh or clay
- ✓ Squeeze a stress ball
- ✓ Pet an animal
- ✓ Walk with your pet outside
- ✓ Write in a Journal
- ✓ Write down things you are grateful for
- ✓ Drawing
- ✓ Coloring
- ✓ Knitting
- ✓ Dancing
- ✓ Take a warm shower or bath

- ✓ Relaxing in the warmth of the sun
- ✓ Apply a cool washcloth to your face
- ✓ Giving yourself a massage or use a tennis ball to roll out muscle tension
- ✓ Get a professional massage
- ✓ Stretching
- ✓ Changing into comfortable clothes
- ✓ Clean an area of your house
- ✓ Wash your car