



Self-Soothing Strategies

<p style="text-align: center;"><i>Vision</i></p> <ul style="list-style-type: none"> -Look at the stars -Look at pictures you like in a book or online -Buy or choose one beautiful flower -Make one space in a room pleasing to look at -Light candle and watch flame -People-watching or window-shopping -Focus on nature around you -Watch a sunrise and/or sunset -Be mindful of each sight that passes before you -Take a walk in a park or nature -Browse through a store 	<p style="text-align: center;"><i>Hearing</i></p> <ul style="list-style-type: none"> -Listen to soothing or invigorating music -Notice sounds of nature -Sing to your favorite songs -Hum a soothing tune/lullaby -Learn to play an instrument -Make a playlist of songs to get you through tough times -Notice sounds around you and try to identify the source -Turn on the radio -Create a quiet space -Give yourself affirmations -Talk to yourself as you would talk to a friend 	<p style="text-align: center;"><i>Smell</i></p> <ul style="list-style-type: none"> -Use your favorite soap, shampoo, etc. -Burn incense or scented candle -Open package of coffee and inhale aroma -Use lemon cleaning oil -Put potpourri or eucalyptus oil in a bowl in your room -Boil cinnamon. Make cookies, break or popcorn -Smell flowers -Walk in a wooded area and notice smells of nature -Go to the beach, smell the salt air -Open the window (morning midday, night), smell the air
<p style="text-align: center;"><i>Taste</i></p> <ul style="list-style-type: none"> -Eat some of your favorite foods -Drink your favorite soothing drink such as herbal tea, hot chocolate, coffee or smoothie. -Treat yourself to dessert and notice the flavors -Eat a childhood favorite food -Sample flavors at an ice cream store -Suck on peppermint candy -Chew favorite gum -Notice the food you eat slowly. Eat one thing mindfully 	<p style="text-align: center;"><i>Touch</i></p> <ul style="list-style-type: none"> -Take a long hot bath or shower -Pet a dog or cat or other soft animal -Massage your neck and scalp -Put lotion on your whole body -Put a cold compress on your forehead -Sink into a comfortable chair -Put on a blouse or shirt with a pleasant feel -Take a drive in the car with the windows down -Feel smooth wood or leather -Hug someone you trust -Put clean sheets on the bed -Wrap up in a blanket or comforter -Practice gentle yoga or stretching -Mindfully notice touch of everyday objects 	