

Self-Soothing

Self-soothing through the 5 senses can quickly reduce the intensity of negative emotions. Be prepared & make a self-soothe kit.

SIGHT

- Go to nature (it can be a park nearby).
- Look at the sky, clouds, trees, flowers, grass, snow, etc.
- Find pictures that are calming (people you know or on the internet/book).
- Visualize a calm place or a happy memory.

HEARING

- Talk to a person whose voice makes you happy or you enjoy hearing.
- Listen to your favorite relaxing music - make a playlist in advance.
- Listen to a soothing app, asmr, white noise, rain sounds, or guided meditation.

SMELL

- Smell a perfume, lotion, cologne, or lip balm you enjoy.
- Cook a meal that smells delicious.
- Other soothing smells: lemon, peppermint, cinnamon, lavender.

TASTE

- Cook your favorite meal, eat it slowly and savor its taste.
- Go to your favorite place to eat and buy your favorite meal.
- Drink something warm. Make yourself a cup of coffee, tea.
- Chew gum or eat mints/hard candy.

TOUCH

- Take a shower or a bath and enjoy the warm water.
- Use a fidget toy or stress ball - put it on your keychain.
- Massage your hand - you can do this anywhere.
- Put on comfortable clothes or touch something soft.