

Self-Soothing Strategies

A way to remember these strategies is to think about soothing or comforting yourself through each of your FIVE SENSES

Sight	Go outside and look at nature. Look at some of your favourite pictures. Watch videos or look at pictures of animals, nature, or art. Watch dance or musical performances.	Your Ideas:
Hearing	Listen to your favourite music. Play an instrument (guitar, drums). Go outside and pay attention to the sounds around you (birds, rain, rustling of leaves). Hum or sing your favourite songs. Listen to recordings of nature sounds (waterfalls, raindrops, etc.).	Your Ideas:
Smell	Put on your favourite perfume, cologne, or body lotion. Light a scented candle or smell essential oils (e.g. lavender). Make a cup of hot chocolate or herbal tea and smell it. Go outside and mindfully breathe in the smells of nature.	Your Ideas:
Taste	Eat some of your favorite foods. Have a soothing or delicious drink (tea or hot chocolate). Treat yourself to a yummy dessert, suck on a candy, or chew gum. Eat or drink slowly and mindfully (really noticing and paying attention to what it tastes like).	Your Ideas:
Touch	Sink into a really comfortable chair. Have a hot bath or shower. Hug someone. Put on a favorite comfy sweatshirt or PJs. Play with sand or play-doh. Cuddle your pet. Lightly rub the backs of your hands and arms. Ask someone to give you a neck or back massage.	Your Ideas: