

## Self-Soothing

*Comforting yourself through your five senses*

*Examples include....*

Grounding techniques to bring your awareness to the present moment:

5,4,3,2,1

- **5 things you can see**  
(favorite sights: sunset, pictures)
- **4 things you can touch**  
(favorite textures: soft blanket, stress ball)
- **3 things you can hear**  
(favorite sounds: music, waves, rain, laughter)
- **2 things you can smell**  
(favorite smells: food, lotion, candles, air fresheners)
- **1 thing you can taste**  
(Favorite flavors: water, gum, mints, sour candy, chocolate)

## Distraction

*Taking your mind off the problem for a while*

**Examples include....**

- Puzzles
- Board games
- Books and reading positive quotes
- Artwork and Crafts
- Spend time in nature
- Crossword puzzles, Sudoku
- Uplifting music
- Bake or Cook
- Volunteer or do Community Service
- Do a random act of kindness
- Clean
- Play with a pet
- Watch a movie
- Go to a museum
- Go the mall
- Learn a new hobby
- Plan a fun event
- Call a friend
- Make something

## Emotional Awareness

*Identifying & expressing your feelings*

**Examples include:**

- Identify your emotion
- Rate intensity of emotion
- Identify where feelings are felt in your body and what colors represent the feelings
- Identify and understand triggers
- A list or chart of emotions
- Journaling
- Writing songs or poetry
- Paint, draw, create a playlist
- Talk to someone you trust
- Create "I" statements
- Write what's bothering you & throw it away
- Create happiness keepers: make a collage of fun things you've done or make you smile
- Keep a gratitude journal or happiness notebook: write 1 good thing

## Mindfulness

*Paying attention on purpose in the present moment, nonjudgmentally*

**Examples include:**

Meditation or relaxation recordings, grounding objects (touch something in your environment), yoga, breathing exercises

Imagine your favorite place:

- What is around you?
- What's under your feet?
- What do you smell?
- What do you hear?
- How warm or cool is it?

Breathe in positive breathe out negative

Breathe in, arms up-breathe out, arms down

Square Breathing: in 4, hold 4, out 4, hold 4, repeat

## Physical Activities

**Examples include....**

- Sleep enough
- Eat enough
- Walk
- Run
- Swim
- Exercise
- Pickleball
- Tennis
- Dance
- Take a nap
- Get a massage
- Get outside in the sunshine
- Progressive muscle relaxation
- Squeeze something:
  - Stress ball
  - Putty
  - Clay
- Play dough
- Sand

## Practice self-care

*Taking care of yourself*

**Examples include:**

- Ask for what you need and follow through with the honest answer
- "No." is a complete sentence
- Learn to say, "help."
- Self-compassion
- Embrace failure
- Self-kindness vs. self-judgment
- Common humanity vs. isolation
- Sit with uncomfortable emotions and make space for them
- Recognize we are human, we are flawed, we make mistakes
- We are perfectly imperfect
- Practice mindfulness
- Think positively
- Focus on the good
- Express gratitude
- Stay in the present
- Positive self-talk