

Self-Soothing:

Self-soothing is a tool we can use to soothe and calm ourselves when we're anxious or distressed, without using medication or resorting to any negative coping strategies. It's a way of comforting, nurturing, and being kind to ourselves.

Self-soothing can be achieved via soothing yourself through your senses and through other types of activities:

SMELL:	TASTE:	SOUND:
Favourite scent Calming essential oils or aromatherapy e.g. (lavender, lemon, Jasmine, Cinnamon and peppermint Freshly baked bread/cakes Time outside Candles/Incense Flowers Fresh air	Dark Chocolate Citrus fruits Herbal teas Ginger Favourite comfort foods Eating something nice Eating slowly Strong flavours Nostalgic foods Warm drinks e.g. hot chocolate	White noise Rain sounds/Calming noises Headphones Nature sounds Binaural beats Spa music/ relaxation sounds ASMR Videos Classical music or any music you find to be relaxing/music playlist Guided meditations TOUCH:
A Nostalgic movie Family photo's Cute animal video's Looking over a nice view Nature documentary Starry sky Warm/ low lighting Soothing colours Sleeping masks Colouring Creating a collage Painting Making Something ASMR Videos		Freshly washed sheets Stroking an animal Hugging someone Getting a massage Modelling clay Warm bath/Shower Fidget toys Soft things Cuddling a pillow Heated/weighted blanket Squeezy things