

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: |
|---|---|--|
| <p data-bbox="600 809 689 831">SIGHT:</p> <ul style="list-style-type: none"> <li data-bbox="528 869 757 893">A Nostalgic movie <li data-bbox="551 901 734 925">Family photo's <li data-bbox="517 933 768 957">Cute animal video's <li data-bbox="490 965 795 989">Looking over a nice view <li data-bbox="517 997 768 1021">Nature documentary <li data-bbox="577 1029 707 1053">Starry sky <li data-bbox="521 1061 763 1085">Warm/ low lighting <li data-bbox="539 1093 745 1117">Soothing colours <li data-bbox="544 1125 741 1149">Sleeping masks <li data-bbox="577 1157 707 1181">Colouring <li data-bbox="528 1189 757 1212">Creating a collage <li data-bbox="589 1220 696 1244">Painting <li data-bbox="528 1252 757 1276">Making Something <li data-bbox="555 1284 730 1308">ASMR Videos | <ul style="list-style-type: none"> <li data-bbox="999 491 1196 515">Dark Chocolate <li data-bbox="1021 523 1173 547">Citrus fruits <li data-bbox="1021 555 1173 579">Herbal teas <li data-bbox="1055 587 1140 611">Ginger <li data-bbox="947 619 1247 643">Favourite comfort foods <li data-bbox="958 651 1236 675">Eating something nice <li data-bbox="1010 683 1184 707">Eating slowly <li data-bbox="999 715 1196 738">Strong flavours <li data-bbox="999 746 1196 770">Nostalgic foods <li data-bbox="904 778 1290 802">Warm drinks e.g. hot chocolate | <p data-bbox="1496 809 1599 831">TOUCH:</p> <ul style="list-style-type: none"> <li data-bbox="1406 869 1688 893">Freshly washed sheets <li data-bbox="1429 901 1666 925">Stroking an animal <li data-bbox="1435 933 1659 957">Hugging someone <li data-bbox="1435 965 1659 989">Getting a massage <li data-bbox="1451 997 1644 1021">Modelling clay <li data-bbox="1424 1029 1671 1053">Warm bath/Shower <li data-bbox="1473 1061 1621 1085">Fidget toys <li data-bbox="1480 1093 1615 1117">Soft things <li data-bbox="1440 1125 1655 1149">Cuddling a pillow <li data-bbox="1391 1157 1704 1181">Heated/weighted blanket <li data-bbox="1451 1189 1644 1212">Squeezy things |