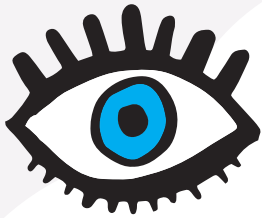


Self-Soothing With Your Senses

Sometimes we experience unpleasant emotions and are left to cope with them all by ourselves. This is where self-soothing techniques come in – we can use them to relieve by creating comfort and distraction. Below are ideas for self-soothing categorized by senses! Next time you are in distress, try to soothe at least two senses!



Go somewhere with a good view

Create something beautiful

Pinterest collage

Watch a comforting movie

Look through a photo album

Go to an art gallery

Read a book or magazine

Cute animal videos

Go window shopping

Dim your lighting

Make a scrapbook

Use a coloring book

Observe a starry sky



Listen to soothing music

White noise

Listen to rain or ocean sounds

Create a playlist

Book on tape

Play an instrument

ASMR Videos

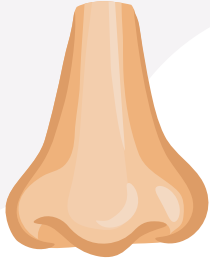
Find an interesting podcast

Listen to your favorite album

Go outside and pay attention to the sounds

Guided meditation

Call a loved one



Bake cookies in your oven

Light a candle

Open a new pack of coffee

Take a bubble bath

Buy fresh herbs

Go to a park and take in the fresh air

Pick flowers

Smell candles in a store

Go to a bakery or coffee shop

Buy some incense

Sample perfumes

Take a hot shower

Hug a loved one

Put on comfy PJ's

Use Kinetic sand

Wrap up in a blanket

Use a heating pad or ice pack

Find a fidget you like

Braid your hair

Walk barefoot in grass or sand

Get a massage

Stretch your body

Snuggle up with a pet

Put on warm socks





Make some soothing tea

Enjoy a comfort meal

Chew on cinnamon bark

Treat yourself to a dessert

Create a new recipe

Sample Ice creams in a shop

Go to your favorite restaurant

Try out a new recipe

Suck on a lollipop

Enjoy some hot soup

Try a new cuisine

Cook your favorite meal

Chew gum