



# Sensory Self-Soothing

## **With Hearing**

- Pay attention to sounds of nature (waves, birds, envision rainfall, and leaves rustling. You can use an app or youtube to find nature sounds)
- Sing to your favorite songs and play them out in a loop
- Hum a soothing tune
- Burn a playlist with music that will get you through tough times. Turn it on.
- Be mindful of any sounds that come your way, letting them go in one ear and out the other
- Turn on the radio and listen to conversations/discussion/interviews
- Listen to soothing or invigorating music

## **With Touch**

- Take a long hot bath or shower
- Pet your dog or cat (only if you are not sick)
- Give yourself a massage. Soak your feet in warm water.
- Put creamy lotion on your whole body
- Put a cold compress on your forehead
- Sink into a comfortable chair in your home
- Put clean sheets on the bed
- Wrap up in a blanket

- Touch soft textures and fabrics like velvet or muslin
- If you have plants at home, tend to them
- If you have play dough or modeling clay, use it to make small objects for fun

### **With Seeing/Vision**

- Look at the stars at night from your window
- Look at pictures you like in a book or a graphic novel
- Light a candle and watch the flame
- Watch a sunrise or a sunset
- Browse through websites which have pictures of monuments or scenic beauty

### **With Smell**

- Use your favorite soap, shampoo or lotions
- Burn incense or light a scented candle
- Open the window and smell the air
- Open a package of coffee and inhale the aroma
- Boil cinnamon
- Make cookies, bread, or popcorn

### **With Taste**

- Eat some of your favorite foods

- Drink your favorite soothing drink, such as herbal tea, hot chocolate or a latté or smoothie
- Treat yourself to a dessert
- Suck on a piece of peppermint candy or any other toffee/candy
- Chew your favorite gum
- Really taste the food you eat. Take time with your meals
- Eat one thing mindfully