

Self-Soothing Tool Kit

In Dialectical Behavioral Therapy, creating an actual, physical toolkit for self-soothing is a common therapeutic intervention. The idea is that you use different items to connect to all five of your senses to reground you in your body and the present moment. My office is full of such items and this is something you can create for yourself to access at home (or anytime if you make a portable one).

VISION

Photos of people you love
Photos of places that are soothing to you
Images of artwork you love
Images with affirmations/quotes
A glitter bottle (**direction included**)

You can create a folder on your phone of images or keep printed photos/postcards etc in your physical kit

TOUCH

Clay, putty, play-doh
Fidget toys (spinners, fidget rings, etc)
Pom-poms, puffs
Stress ball, squeeze ball
Tactile blanket (or small square of tactile fabric for portability)
Feather
Lotion or body oil for self-massage
Weighted blanket
Microwavable heat wrap (even if you don't warm it up, it adds weight)
Tactile socks, mittens, etc.

TASTE

Gum
Hard candies
Individual bags of tea, hot chocolate, etc.
Mints
Throat spray
Crunchy chips, pretzels, etc in individual servings

SOUND

White noise machine
Soothing nature sounds (apps, downloads, YouTube videos)
Playlist of favorite music
Mini chimes, meditation bowl, chant recordings

SMELL

Essential oils
Fragrant teas
Coffee beans
Loose tobacco
Dried flowers, herbs, etc
Incense
Scented candles
Room sprays
Perfumes
Scented oils or lotions

Personal Toolkit Plan

VISION	TOUCH	TASTE	SOUND	SMELL

Sensory Bottles

You will need:

Clear plastic bottles (water bottles are perfect)

Water

Food coloring or dye

Glitter or confetti

Oil (baby oil is clear, the lighter the better)

Glue



Fill the bottles halfway up with water and add a few drops of food coloring or dye. Add your glitter or confetti then top off the bottle with oil. Dollop glue in the lid before screwing the lid back on and let dry completely before you use it!