

Small comforts can make a big difference.

Pause.
Notice.
Soothe.
You've got this.

Self Soothe With Your Five Senses

Gentle support matters.

Small sensory comforts can help your nervous system settle when life feels loud, sharp, or overwhelming.

1 What is self-soothing?

Self-soothing means using your five senses — sight, sound, smell, taste and touch — to help calm your nervous system, reduce distress and bring yourself back to the present moment.

It's about noticing what feels good or comforting, and giving yourself small moments of care.

Use what helps. There's no right or wrong way.

2 Why use it?

Self-soothing can help you:

-  Feel more comfort and safety.
-  Calm your nervous system.
-  Feel more grounded and present.
-  Reduce stress, anxiety and big emotions.
-  Increase a sense of well-being and resilience over time.

Comfort counts.

A calmer you today can lead to a brighter tomorrow.

3 Sight ideas

Try looking at things that feel calming or comforting, such as:



Nature
(sky, trees, water, plants)



Calming photos or artwork



Soft or natural light (like a candle or lamp)



A favourite object that brings you joy



Music that calms you



White noise (rain, ocean waves, fan)



A kind or soothing voice (podcast, friend, voice note)



Quiet or simply less noise

5 Smell, taste, and touch ideas

Try these simple sensory comforts:



A pleasant scent (essential oil, soap, candle, coffee)



A warm drink (like herbal tea or mint tea)



Cold water (sip, or hold an ice cube)



A soft blanket or cozy clothing



Lotion or hand cream (a calming scent can help too)



A favourite snack or flavour



A textured object (stone, stress ball, soft fabric)



Simple things can bring real relief.

6 Build a small soothe kit

Put a few comforting items together so they're ready when you need them. Here are some ideas:

- ☐ A calming scent (roller, lotion or tea)
- ☐ A comforting object (stone, stress ball, etc.)
- ☐ A favourite snack or drink
- ☐ Headphones or a playlist
- ☐ A small note (e.g., "You've got this" or a photo that makes you smile)

Prepare today for a calmer tomorrow.

7 A gentle reminder

Self-soothing is not childish, lazy or avoidance. It's a healthy, practical way to care for your nervous system. It doesn't take away the hard stuff, but it can help you feel more steady so you can handle life's challenges with more resilience.

Caring for yourself is always a step in the right direction.

You deserve comfort. You are doing your best.