

Self -Soothing Techniques



Change your environment.

A short walk or a trip to the corner store might be enough. Getting outside, particularly surrounded by trees, is best if possible.

Stretch for 5 minutes.

We hold tension in our bodies, and that tension serves as a feedback loop to the brain that we are stressed. When we change the body, we control the mind.

Visualize Your favorite place.

It will act like a mini escape.

Allow for pleasant sensory experiences.

Smell lavender, listen to calming music, look at some beautiful art etc.

Speak compassionately to yourself.

Preferably out loud.

Focus on your breath.

Two inhales through the nose, one long exhale through the mouth.

Sense your breath.

Put one hand on your heart and the other on your stomach. Notice the rise and fall with the breath. Just notice it, don't try to change it.

Purposefully relax.

Start at the head and work down the body, relaxing each area as you go.

Flutter and Shake

If you notice you are really tense, shake your limbs. Think of a bird that flutters its wings. This will dispense balled up tension.

Become a wet noodle

If you notice your leg is bouncing or you are tapping your fingers, purposefully go limp all over.

Don't wait until you are really feeling upset. Practice when you are feeling ok. Avoid assigning value to your thoughts and feelings. Just be curious about them.