

Self-Soothe Skill

USING THE FIVE SENSES

USE THESE SKILLS
TO TOLERATE
OVERWHELMING OR
STRESSFUL
SITUATIONS

SMELL

- Smell flowers
- Breathe in the smell of nature
- Use essential oils

TOUCH

- Take a warm shower
- Wrap yourself in a soft blanket
- Relax in a comfortable chair

SIGHT

- Watch a sunrise or sunset
- Look at the stars/clouds/rain
- Look at pictures of family/friends/places you would like to visit

HEAR

- Listen to soothing music
- Listen to sounds from nature
- Follow a guided meditation

TASTE

- Drink a warm cup of tea/coffee/hot chocolate/etc.
- Chew your favorite gum
- Eat something mindfully