**Self-Soothe Skill**

**USING THE FIVE SENSES**

**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