

THE SELF-SOOTHE SKILL

Self-soothe skill involves doing things that feel pleasant, comforting, and provide relief from stress or pain. It helps to pass the time without making things worse.

1

VISION

- Look for a beautiful sunrise or sunset, the stars at night, beautiful photos of beaches or mountains, or pictures of these things.
- Look to nature all around you.
- Flip through pictures on your phone or Instagram and remember good memories.
- People watch.



2

HEARING

- Listen to music you enjoy, or upbeat/positive music.
- Listen for the breeze in the trees.
- Listen for birds or waves of the water.
- Play an instrument or sing.



3

SMELL

- Find a fragrance you enjoy and smell fragrances around you.
- Smell a flower, or perfume, freshly cut grass, or the burning of wood in a fireplace.
- Put on your favorite lotion.



4

TASTE

- Enjoy your favorite non-caffeinated, non-alcoholic drinks.
- Notice the food you eat.
- Eat one thing mindfully (mint candy, ginger chews, cinnamon candy).
- Savor your favorite flavor of ice cream.



5

TOUCH

- Take a long bath or shower.
- Pet your dog or cat.
- Get a massage.
- Brush your hair.
- Ask for a hug or be hugged.
- Change into your most comfortable clothes.

