THE SELF-SOOTHE SKILL

Self-sooth 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.