

TIPS FOR SELF-SOOTHING

Self-soothing activities can calm your mind and body, reduce anxiety and help you think clearly.

Explore, practices & discover what works for you.

What do you need right now?



WRITE

Writing can help you to process your thoughts and feelings. Choose the journaling approach that you feel could help you to cope with your feelings in that moment.

- Write a list of things that brings you joy
- Create a poem or a song
- Write a letter to someone
- Express how you feel or what is in your mind

SAVOR YOUR SENSES

Immerse yourself in a sensory experience:

- Take small bites or sips of a food or beverage that you enjoy. Think about the smell and flavors.
- Touch items near you. Are they soft or hard? Cold or warm? Feel the texture.
- Put your hands in cold water. How does it feel in your fingers, palms, and back of your hands? Then put them in warm water.

VISUALIZE

Visualize a place where you feel calm, happy, and safe. If nothing comes to your mind, look for a picture of a landscape that makes you feel relaxed and calm. This will help you keep your mind away from unpleasant thoughts. Take deep breaths while you visualize and imagine you are walking there. Imagine the noises you hear, the scents you smell.

MOVE YOUR BODY

Do a few stretches or exercises: jumping jacks, squats, lunges. Or take a short walk and breathe the fresh air. Notice the rhythm of your steps. Are you stepping with your heel or your toe first?

Sources: 1)Health line, 2)Very well mind, 3)Holistic Healing, 4)Calm, 5)Thompson University.



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