

# Self-Soothe

Self Soothe helps us cope with unpleasant emotions by using our 5 senses to comfort ourselves as well as using movement.



**Vision** - Find something pleasant to focus your sights on, such as vacation photos, a sunset, or watching the clouds.

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**Hearing** - Find something to listen to, such as music or nature.

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**Smell** - Focus on smells, such as a lotion or flowers.

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**Taste** - Imagine eating your favorite food, focus on the taste of your meal, or eat a small treat.

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**Touch** - Focus completely on the sensation of touch, pet your dog or cat, put on lotion, or snuggle up in a soft blanket.

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**Movement** - Sometimes the most effective way to soothe ourselves is to get moving. This could be turning on music and dancing around, doing stretches, playing a sport, or going for a walk.

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