

Self Soothing

A skill we often do not learn as children is how to self-soothe, yet it's a skill paramount to regulating our emotions. Think of children who use a pacifier, blanket, or play with their hair when they're tired or upset. Those are forms of self-soothing. In society, we are told, as we get older, that we have to stop those habits, but we aren't offered replacements that are appropriate as we age. Some of us figure out ways to self-soothe as we age, but some of us don't, so we resort to unhealthy coping mechanisms. This list is an extension of the DBT self-soothing aspect. One way to remember these skills is to think of soothing with each of our five senses.

Sight

- Observe the stars at night
 - Look at a book or magazine with nice pictures
 - Buy one beautiful flower
 - Make one space in a room pleasing to look at
 - Light a candle and watch the flame
 - Set a pretty place setting at a table
 - Go to a museum or poster show with beautiful art
 - Sit in the lobby of a beautiful hotel
 - Spend time in nature and appreciate its beauty
 - Walk in a part of town with enjoyable scenery
 - Watch a sunrise or sunset
 - Go to a performance or watch one on TV
 - Talk a walk in a part or a scenic hike
 - Browse through a store looking at things
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Sound

- Listen to music that calms or invigorates
 - Pay attention to the sounds in nature
 - Pay attention to the sounds of your city
 - Sing your favorite songs
 - Hum a soothing tune
 - Learn to play an instrument
 - Make a playlist to enjoy
 - Become mindful to the present environment
 - Listen to a podcast
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Smell

- Use your favorite bath products
 - Burn incense or a candle
 - Inhale coffee
 - Put lemon oil on your furniture
 - Enjoy essential oils
 - Appreciate the scent of a new car
 - Boil cinnamon and oranges
 - Bake bread or cookies
 - Smell some flowers
 - Open a window or go outside to enjoy smelling the fresh air
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Taste

- Take yourself out for your favorite meal
 - Drink herbal tea, hot chocolate, or your favorite coffee
 - Treat yourself to a nice dessert
 - Eat one of your favorite childhood foods
 - Sample some different ice cream flavors
 - Eat a piece of minty candy
 - Chew your favorite gum
 - Drink some fresh fruit juice
 - Mindfully eat, tasting each flavor in the food and slowly chewing each bite
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Touch

- Take a long hot bath/shower
- Pet your dog/cat

- Have a massage
 - Soak your feet
 - Put on creamy lotion
 - Place a cold compress on your head
 - Sink into a comfortable chair
 - Cover with a soft or silky blanket
- Take a ride in the car with the windows down
 - Run your hands along wood, leather, or soft fabric
 - Hug someone
 - Put clean sheets on the bed
 - Wrap up in a blanket
 - Give yourself a hug

Remember that self-soothing is imperative to taking care of ourselves. We all need to be able to comfort ourselves in times of emotional distress.