

SELF SOOTHING TECHNIQUES

SIGHT	SOUNDS	TOUCH	TASTE	SMELL
<ul style="list-style-type: none"> ▪ watch a funny film ▪ read a good book ▪ look at nature ▪ go to a museum ▪ sit in a garden ▪ light a candle and watch the flame ▪ watch a sunset or sunrise ▪ take a walk in the park ▪ look at a book with beautiful scenery in it 	<ul style="list-style-type: none"> ▪ listen to soothing music ▪ pay attention to sounds of nature ▪ pay attention to sounds of the city ▪ sing to yourself ▪ learn to play an instrument ▪ be mindful of sounds around you – letting sounds come and go ▪ sing to yourself 	<ul style="list-style-type: none"> ▪ soak in the bath ▪ pet a dog or cat ▪ have a massage ▪ change into comfortable clothing ▪ soak your feet ▪ hug someone ▪ wrap yourself in a warm blanket ▪ practice yoga ▪ go for a swim 	<ul style="list-style-type: none"> ▪ eat your favourite foods – savour each mouthful ▪ treat yourself to a dessert ▪ taste the food you eat. Eat one thing mindfully ▪ sample flavours of ice cream ▪ drink a soothing drink – herbal tea or hot chocolate 	<ul style="list-style-type: none"> ▪ notice all the different smells around you ▪ shop for flowers ▪ use your favourite soap, or hand cream ▪ burn incense or light a scented candle ▪ smell lavender ▪ put a room diffuser in your room