

Self Soothing

Use these skills to self soothe, calm and manage difficult, overwhelming emotions and sensations

CHANGE THE ENVIRONMENT

Simply alter the surroundings for a short while, if you can. Find a peaceful interior setting with a relaxing view or atmosphere, or go outside and concentrate on nature.

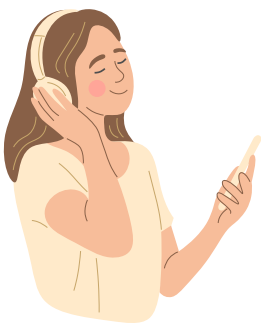


SOOTHING SMELLS

Use an essential oil diffuser, scented candle, or incense to produce pleasing scents. Consider using perfumed hand lotion as well.

GIVE YOURSELF A REGULATING HUG

Place your right hand across your heart and put your palm against your body with your hand under your armpit. Take your left arm across the body towards the right and hold your own deltoid or upper arm close to your shoulder for a calming self-hug.



SOOTHING MUSIC

For stress reduction, play your favourite tracks with a calming effect or one of the many soothing music videos that are accessible online.

STRETCH FOR FIVE MINUTES

Our bodies frequently react to shocking or disturbing news by freezing, which blocks energy. Simple body movements such as neck rotations, hip bends, and toe touches can assist move stuck energy.