

## Self Soothe

Some of us may recognize these techniques as things that we already use. But many of us have never learned how to self-soothe, how to do those often simple things that makes us feel better. These are mostly very physical techniques, that use different body senses. Some of us have never had the feeling that we could do things to make ourselves feel better, calmer, feel relaxation or pleasure. I urge you to experiment with these techniques until you find some that are comfortable and helpful for you. And when you find these, practice them. Use them when you are feeling distressed, when emotions feel overwhelming, when situations feel like you can't stand them anymore. Instead of doing something that hurts you, try something that gives you pleasure and comfort

SELF-SOOTHING has to do with comforting, nurturing and being kind to yourself. One way to think of this is to think of ways of soothing each of your five senses:

- Vision
- Hearing
- Smell
- Taste
- Touch

### **VISION:**

Walk in a pretty part of town. Look at the nature around you. Go to a museum with beautiful art. Buy a flower and put it where you can see it. Sit in a garden. Watch the snowflakes decorate the trees during a snowfall. Light a candle and watch the flame. Look at a book with beautiful scenery or beautiful art. Watch a travel movie or video.

### **HEARING:**

Listen to beautiful or soothing music, or to tapes of the ocean or other sounds of nature. Listen to a baby gurgling or a small animal. Sit by a waterfall. Listen to someone chopping wood. When you are listening, be mindful, letting the sounds come and go.

### **SMELL:**

Smell breakfast being cooked at home or in a restaurant. Notice all the different smells around you. Walk in a garden or in the woods, maybe just after a rain, and breathe in the smells of nature. Light a scented candle or incense. Bake some bread or a cake, and take in all the smells.

### **TASTE:**

Have a special treat, and eat it slowly, savoring each bite. Cook a favorite meal. Drink a soothing drink like herbal tea or hot chocolate. Let the taste run over your tongue and slowly down your throat. Go to a potluck, and eat a little bit of each dish, mindfully tasting each new thing.

### **TOUCH:**

Take a bubble bath. Pet your dog or cat or cuddle a baby. Put on a silk shirt or blouse, and feel its softness and smoothness. Sink into a really comfortable bed. Float or swim in a pool, and feel the water caress your body.

<http://www.dbtselfhelp.com/html/self-sooth.html>

## De-Stress Kit

When you are stressed, it is sometimes hard to think or be creative. So plan ahead!

Take a box.....and you fill it with things that make you feel good and things you can do for yourself.

### **Ideas:**

Music. several different kinds for different moods.

Something comforting from child hood (ex. An old green teddy bear)

Pictures of kids, family.

A favorite food (Really expensive good CHOCOLATE, Really sour candy)

Special candles that are my favorite scent.

Some kind of craft project

Favorite herbal tea or hot chocolate

Bubble bath.

A journal to write in and a really good pen

Favorite movies that are just funny

A box of decadent chocolate mousse mix or other cooking project

A pedicure set with nail polish

A facial treatment.

A computer game

Articles from newspapers/magazines

A night light which glows different colors,

Pillow mist which is a very calming fragrance

A pack of playing cards or puzzle book.

**What will YOURS have???????**