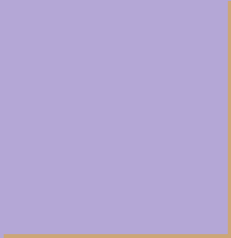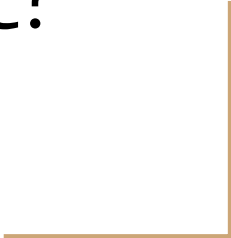# STRATEGIES FOR SELF-SOOTHING

ESLDO -Unit 2

What does it mean to self-soothe?

Self Care

What activities make you feel alive, happy, and most like yourself?

- Get some rest
- Nourish your body
- Indulge in the things that you love
- Sing in the shower
- Go for a walk
- Exercise

- Meditate
- Socialize
- Practice self acceptance
- Write in a journal
- Create something
- Use a planner or a calendar to intentionally schedule "me time"
- Speak to someone you trust

Develop Positive Affirmations / Practice Gratitude

Affirmations are repeated statements that are meant to affect or change the way we think about ourselves. They can motivate us and remind us how special we really are.

Start Journaling

Track your moods, your behaviours, and practise affirmations and self gratitude. Set a doable self care practice each day for the week. Reflect on your daily habits and thoughts and how they may affect your mental health and wellbeing.

Meditation

Take the time to reconnect with yourself and who you are. Practise stillness and remove yourself from any noise that causes pain, discomfort, or distraction. This time is meant for you, and in this time, you are your priority. Focus on your needs and what you can do to restore balance in your life.

Grounding Techniques if you are feeling overwhelmed:

1. **Focus on your breathing**, then look around you. Find 5 things you can see and list them. Now, find 4 things you can touch. 3 things you can hear. 2 things you can smell. 1 thing you can taste.
2. **Box breathing.** Breathe in for four seconds. Hold your breath for four seconds. Exhale for four seconds. Repeat until your heart rate has calmed down.
3. **Put your hands in water.**
4. **Hold something cold**, like a pack of ice. Press it against your skin.
5. **Take a walk.**
6. **Use a stress ball.**
7. **Picture the voice or face of someone you love.**
8. **Hug a person you trust.**
9. **Recite/repeat a calming phrase or positive affirmation.**
10. **Describe what's around you.** List only the things that you see or hear, but do not interpret anything.