### Self-Soothing
Comforting yourself through your five senses

**Examples include:**

- Grounding techniques to bring your awareness to the present moment:
  - 5 things you can see (favorite sights: sunset, pictures)
  - 4 things you can touch (favorite textures: soft blanket, stress ball)
  - 3 things you can hear (favorite sounds: music, waves, rain, laughter)
  - 2 things you can smell (favorite smells: food, lotion, candles, air fresheners)
  - 1 thing you can taste (Favorite flavors: water, gum, mints, sour candy, chocolate)

### Distraction
Taking your mind off the problem for a while

**Examples include:**

- Puzzles
- Board games
- Books and reading positive quotes
- Artwork and Crafts
- Spend time in nature
- Crossword puzzles, Sudoku
- Uplifting music
- Bake or Cook
- Volunteer or do Community Service
- Do a random act of kindness
  - Clean
  - Play with a pet
  - Watch a movie
  - Go to a museum
  - Go the mall
  - Learn a new hobby
  - Plan a fun event
  - Call a friend
  - Make something

### Emotional Awareness
Identifying & expressing your feelings

**Examples include:**

- Identify your emotion
- Rate intensity of emotion
- Identify where feelings are felt in your body and what colors represent the feelings
- Identify and understand triggers
- A list or chart of emotions
- Journaling
- Writing songs or poetry
- Paint, draw, create a playlist
- Talk to someone you trust
- Create “I” statements
- Write what’s bothering you & throw it away
- Create happiness keepers: make a collage of fun things you’ve done or make you smile
- Keep a gratitude journal or happiness notebook: write 1 good thing

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### Mindfulness
Paying attention on purpose in the present moment, nonjudgmentally

**Examples include:**
- Meditation or relaxation recordings, grounding objects (touch something in your environment), yoga, breathing exercises
- Imagine your favorite place:
  - What is around you?
  - What’s under your feet?
  - What do you smell?
  - What do you hear?
  - How warm or cool is it?
- Breathe in positive breathe out negative
- Breathe in, arms up—breathe out, arms down
- Square Breathing: in 4, hold 4, out 4, hold 4, repeat

### Physical Activities

**Examples include:**

- Sleep enough
- Eat enough
- Walk
- Run
- Swim
- Exercise
- Pickleball
- Tennis
- Dance
- Take a nap
- Get a massage
- Get outside in the sunshine
- Progressive muscle relaxation
- Squeeze something:
  - Stress ball
  - Putty
  - Clay
  - Play dough
  - Sand

### Practice self-care
Taking care of yourself

**Examples include:**

- Ask for what you need and follow through with the honest answer
- “No” is a complete sentence
- Learn to say, “help.”
- Self-compassion
- Embrace failure
- Self-kindness vs. self-judgment
- Common humanity vs. isolation
- Sit with uncomfortable emotions and make space for them
- Recognize we are human, we are flawed, we make mistakes
- We are perfectly imperfect
- Practice mindfulness
- Think positively
- Focus on the good
- Express gratitude
- Stay in the present
- Positive self-talk