SELF SOOTHING EXERCISES FOR EACH SENSE

SIGHT
Look at pictures of loved ones.
Look at pictures of a past vacation or places that you would like to visit.
Watch the clouds
Seeing a funny movie or watching a funny television show
Reading a good book

SOUND
Listening to relaxing music
Singing to yourself
Saying positive statements to yourself or self-encouragement
Playing a musical instrument

SMELL
Shopping for flowers
Smelling lavender or vanilla
Lighting a scented candle
Deeply breathing in fresh air

TOUCH
Soaking in a warm bath
Getting a massage
Relaxing in the warmth of the sun
Stretching
Going for a swim
Changing into comfortable clothes
Playing with an animal

TASTE
Eating a comforting meal
Sipping herbal tea
Eating healthy food
Slowly sucking on hard candy

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