

# SELF SOOTHING EXERCISES FOR EACH SENSE

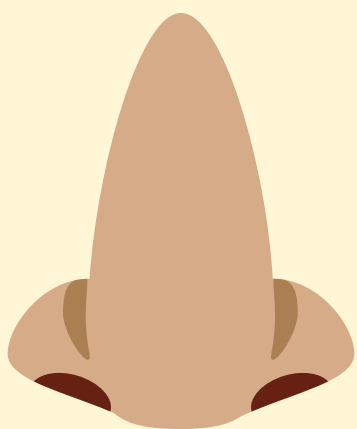
## SIGHT



- 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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