

Ways to Calm and Comfort Yourself

Each of us has different preferences for how we prefer to soothe.

Calming & Quieting, Shifting to a Different Mental Task, Comforting the Senses, Moving, Connecting, Expressing Creativity, Out of Sight Out of Mind

Focus meditation (try headspace app, or search online)	Walk your dog/pet your cat
Wrap in a blanket (heat the blanket in a dryer)	10 Jumping jacks in place
Doorway stretches	Turn down lights, turn down noise
Soothing music slows your heartbeat	Move mindfully, listen to your feet hit the floor
Deep breathing, relaxation or meditation	Dance like you are on stage
Choose and repeat a mantra / prayer	Call a friend, ask a specific question
5 Minute time out	Walk your dog in the park, talk to other dog owners
Put on comfy clothes	Write or journal; express yourself creatively
List 15 things you like about a friend, share it	Squeeze bubble wrap
Blow bubbles and meditate	Email or text someone
Share with someone who will listen	Intentionally smile; do a half-smile
Make a gratitude list as long as you can	Google an intriguing topic
Delegate a task	Make play doh or wiggly jello
Read or study something new	Visualize what you want; how you want to feel
Knit, cross stitch – get your hands moving	Scrapbook, organize photos
Talk out loud to an empty chair	Daydream about/plan a vacation
Make jewelry	Decorate a room or rearrange
Make a calendar or list, organize	Create a vision board
Read / memorize a poem	Make a timeline of important life events
Soak in the tub with Epsom Salt	Scribble, doodle, Zentangle
Color	Diffuse essential oils
Create reminders, post-it notes	Draw with sidewalk chalk
Repurpose old clothing	Go outside; change scenery; appreciate nature
Change sensations, drink hot or cold water	Place a cold washcloth on your head/face
Flip through a magazine and tear out soothing images / phrases	Create a journal of soothing images and affirming words
Take a power nap	Create a wind down ritual
Drink hot or iced tea	Clean one drawer, organize your books
Self massage; massage your hands, shoulders, feet	Stretch
Make a bucket list	Change scenery, move to a different room/place
Rub worry beads/dolls/stones	Run up and down the stairs 5X
Do your own pedicure/manicure	Hold onto ice cubes to shift moods
Wash your car	Walk for 20 minutes
Do 5 yoga poses (do yoga with me; google guided yoga)	Chew on a toothpick
Learn one new word	Rub a scented lotion on your wrists, temples
Soak your feet in a tub or bowl	Play a game with a friend – sports, video, board
Work on a puzzle	Change your routine
Fix something, replace bulbs, sew on a button, sharpen knives	Work in the garden
Buy yourself flowers and brighten your space	Fingerpaint
Listen to repetitive motion; ocean waves, wind chimes	Walk on the grass barefoot
Hug a stuffed animal	Join a support group
Do a 5-20 min workout	Clean out clutter
Have a good cry	Swing – park, hammock
Write a letter – you can burn it, keep it, send it	Laugh – watch a comedy
Read aloud to someone	Light a candle and say an affirmation to support and comfort you. Use it as a reminder each time you light it.
Throw marshmallows, clay, or socks at the wall and imagine “letting go”	Curl up in the fetal position
Self-touch: hug arms, cup jaw in hands, hands over heart	Identify your strengths and successes
Take active steps to improve a situation	Look at photos of loved ones
Rub sore muscles with a topical relaxant	Remember, one moment at a time. This will pass.
Give – contribute to others around you	Seek meaning in the emotions

