

Self-Soothing Strategies: Nurturing Your Inner Calm Discovering Your Go-To Comfort Techniques WORKSHEET

We all have our unique ways of finding solace when emotions run high. Some are like a warm hug for the soul, while others might be more like a temporary band-aid. Let's explore your current self-soothing habits and discover healthier alternatives.

Step 1: Reflect and Journal

- **Your Current Comfort Zone:** Take a moment to jot down your go-to self-soothing techniques. What do you typically reach for when you're feeling down, anxious, or angry? Ice cream? Nail-biting? Netflix marathons? Write them down.
- **The Not-So-Good Choices:** Acknowledge that some of these habits might not serve you well in the long run. They're like old sneakers—comfortable but worn out. It's time for an upgrade!

Angry:

Sad:

Scared:



Lonely:

Ashamed:

Unloved:

Anxious:

Disappointed:

Step 2: Embrace New Possibilities

Now, let's explore fresh ways to soothe your soul. These options are like a bouquet of flowers for your heart, they bloom with positivity and resilience. Using the self-soothing skills indicated below, circle or highlight any that appeal or resonate with you. Those are the skills or techniques that will likely support you best. Listen to your soul and begin to give yourself some of these gifts every day!

Writing/Art: Journaling, writing poetry, writing music, drawing, coloring, painting, working with clay/play doh/putty, beading, jewelry-making, sewing, crafts, knitting, needlepoint, doodling, mandalas, cooking

Movement: Dance, walking, running, riding a bike, yoga, tai chi, boxing, kick-boxing, sports, other martial arts, swimming, water aerobics, take the dog outside/to the park/for a walk, hiking, walk the nature trail or explore the woods

Relaxation: Deep breathing, progressive muscle relaxation, mindfulness or other meditation, reading, drink some relaxing tea, aromatherapy – lavender for calming

Talking: Venting about my feelings in a group, talking to a friend, talking to a counselor, calling a hotline, speaking out on behalf of others

Music: Listening to music, singing, playing music, writing music, compiling playlists

Nature's Embrace: Take a walk in the park, sit by a serene lake, breathe in the crisp morning air

Creative Escapes: Pick up a paintbrush or doodle on paper, write a heartfelt letter (even if it's just to yourself), dance like nobody's watching

Mindful Moments: Practice deep breathing or meditation, listen to soothing music, savor a cup of herbal tea

Connect with Loved Ones: Call a friend or family member, share your feelings—laughter and tears included, send a virtual hug to someone you cherish

Step 3: Replace and Recharge

Choose one or some new self-soothing techniques from the list above. Swap them in for the old habits that no longer serve you. Remember, self-care isn't selfish—it's essential for your well-being. Just taking the time to go through this process is something to be proud of. If you have any observations, note them before for future reflection.

Freestyle observations: