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# Self-Soothe

When we become distressed, a useful way to calm down our emotions can be to engage our senses. We can create self-soothe kits with individualised items in that work for us. By choosing something for each of our senses that is specific to us, we can make our kits truly personalised.

For situations when our emotions are overwhelming, self-soothe kits can help, just like when we need a first aid kit for our physical health.

These kits can include a photo of a time you loved, a small piece of fabric with a smooth texture, an item sprayed with your favourite perfume or smell, a small piece of gum or packet of sweets, or having a calming playlist on your Spotify for example.



Here are some examples of activities we can use to engage our senses:

## VISION

Get a photo of your favourite place, or even draw your ideal place from your imagination. Have a picture that includes all your favourite colours in it.



## HEARING

Listen to your favourite music and play it over and over again. Listen to your favourite sounds (birds, rain, thunder etc.) either in real life or download an app that has these sounds pre-loaded. Play your favourite instrument. Sing!



## SMELL

Put on your favourite lotion. Use scented aftershave or body wash. Make popcorn or freshly brewed coffee. Spray a fabric object with your favourite perfume.



## TASTE

Eat some of your favourite foods. Drink your favourite drink. Take your time and really focus on what you are eating or drinking.



## TOUCH

Take a long bath or shower, pet your dog or cat, get a massage, brush your hair, give a hug or be hugged. Put a cold cloth on your head, put on your most comfortable clothes.



## MOVEMENT

Stretch, do yoga, go for a run, dance!

