

Soothing

Soothing exercises are a vital part of personal self-care. They allow you the time needed to manage and process heated emotions, before reconnecting. Keep reminders of your soothing aids, nearby. You may need to try different ways of soothing until you find the ones that work best for you.



Relaxation: Relaxation is one way to shut the system down and can include reading, taking a nap, taking a bath, getting a massage, etc. Use Coping Skills List for more examples.



Distractions: Distractions can be used to shift your mind from disturbing stimuli. Limit distractions, to 15-30 minutes. Choose something that draws your attention will help to shift your focus away from the initial disturbance. Examples include 15-30 minutes of screen time, cleaning, running errands, baking, etc.



Hyperfocus: Hyperfocusing on your senses can help drown out external stimuli in the moment and help us cool down. Exercises include square breathing or 2-3-4. You can also focus on an object, a sound, a taste, a texture, etc.



Mindfulness/Meditation: Mindfulness is the experience of awareness about your feelings without allowing them to control you. Use breathing, listening and other sensory exercises. Apps and guided meditations such as Stop, Breathe & Think and UCLA Mindful can be helpful.



Journaling/Venting: Writing allows your internal dialogue to be expressed. In heated moments write it down or vent to a trusted friend. Keep your journal private, this is used as a way to cool down overheated situations. Other venting techniques include the phonebook exercise and ice throwing.



Physical Practices: Exercise can help release energy and also soothe. Usually at least 15 minutes in length. You can use deep muscle relaxation, running, yoga, riding a bike, etc.



Spiritual Practices: Prayer, reading scripture, listening to uplifting books, talks and music are all part of spiritual practices. These will be unique to your beliefs and can be as simple as creating a gratitude list, going on a walk to enjoy the senses of nature or a humble pleading prayer.

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Things I've tried

Relaxation

Distraction

Hyperfocus

Mindfulness

Journal/Venting

Physical

Spirituality

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