

## TIP SHEET 8.6

### Self-Soothing

Self-soothing is about comforting, nurturing, and being kind to oneself. Encourage clients to think about soothing the five senses: vision, hearing, taste, smell, and touch. Some clients find this very difficult, so it may be necessary to use problem solving to identify self-soothing strategies.

Once you and your client have generated a list of potential self-soothing activities, encourage your client to practice them during the week, even when they are not feeling distressed, so that they will remember to use them during a crisis.

Examples of self soothing include:

- vision: for example, look at the ocean, a painting, a garden, a tree, a sunset
- hearing: for example, listen to music you like, or the sounds of nature, sing a song
- taste: for example, drink milk and honey, eat chocolate or soup
- smell: for example, spray on perfume or use aftershave, bake a roast or biscuits
- touch: for example, clean sheets, bath, wear soft clothing, stroke the cat, pat the dog.