

TIP SHEET 8.7

Client Worksheet: Self-soothing activities

Self-soothing is about comforting, nurturing, and being kind to yourself. Think of activities that involve your five senses, and remember to practice using these even when you are not distressed, so that you will remember to use them when you are in a crisis.

In the table below, write down the activities you can use that help you feel comforted.

Sense to be soothed	My activities to help me feel nurtured or comforted
Vision	(e.g. look at the ocean, a favourite picture)
Hearing	(e.g. listen to your favourite song)
Taste	(e.g. drink milk, eat warm soup)
Smell	(e.g. bake biscuits, spray your favourite perfume)
Touch	(e.g. wrap yourself in your favourite blanket)