Self-Soothing

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.

Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest
Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
heated/wighted
blanket

Sound

Calming noise
ASMR videos
Nature sounds
Guided
Meditations
Binaural beats

Smell

Aromatherapy
Fresh air
Candles/insense
Comfirting smells

Taste

Strong flavours
Warm drinks
Eat slowly
Nostalgic flavors