

SELF-SOOTHING

with the 5 SENSES



Sight

- Look at something calming, e.g. a candle.
- Watch gentle movement, like waves or leaves.



Sound

- Listen to soothing music or nature sounds.
- Try a grounding meditation or white noise.



Touch

- Wrap up in a cozy blanket. Hold a warm mug.
- Run your hand over something soft, smooth.



Smell

- Light a scented candle or use an essential oil.
- Smell something that reminds you of home.



Taste

- Sip warm tea or eat a comforting snack.
- Savor something with a pleasant taste or texture.

Inspired by DBT. Created by *Ride the Wave Psychology*