



Different Ways to Soothe Yourself: Mentally, Emotionally & Physically – Fact Sheet

Mental Soothing

- Mindful Breathing – Inhale slowly for 4, hold for 4, exhale for 4. Repeat.
- Guided Meditation – Use apps or YouTube to follow a voice-led meditation.
- Grounding Exercises – Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
- Visualization – Picture a calm, safe place in your mind. Imagine yourself there.
- Positive Self-Talk – Speak to yourself as you would a loved one: “I am doing my best.”
- Journaling – Write out what’s on your mind. You don’t need solutions—just expression.

Emotional Soothing

- Name the Feeling – “I feel anxious.” Naming it can take away some of its power.
- Crying – Let yourself release emotions. It’s cleansing, not weakness.
- Hug a Trusted Person or Pet – Physical affection can calm the nervous system.
- Art, Music, Dance – Express your feelings nonverbally through creativity.
- Affectionate Self-Compassion – Hold your hand to your heart, or gently wrap your arms around yourself.
- Write a Letter (You Don’t Send) – Say what you need to say. Burn or tear it after, if it feels right.

Physical Soothing

- Warm Bath or Shower – Helps relax muscles and slow the stress response.
- Weighted Blanket or Soft Fabrics – Brings a sense of containment and comfort.
- Stretching or Gentle Movement – Yoga, walking, or swaying to music.
- Drinking Something Warm – Tea, warm milk, or even hot water with lemon.
- Scent Therapy – Use calming scents like lavender, chamomile, or sandalwood.
- Cold Water Splash – On your face or hands—it can reset your nervous system in moments of intensity.