

Sometimes, stress and pain are inevitable.

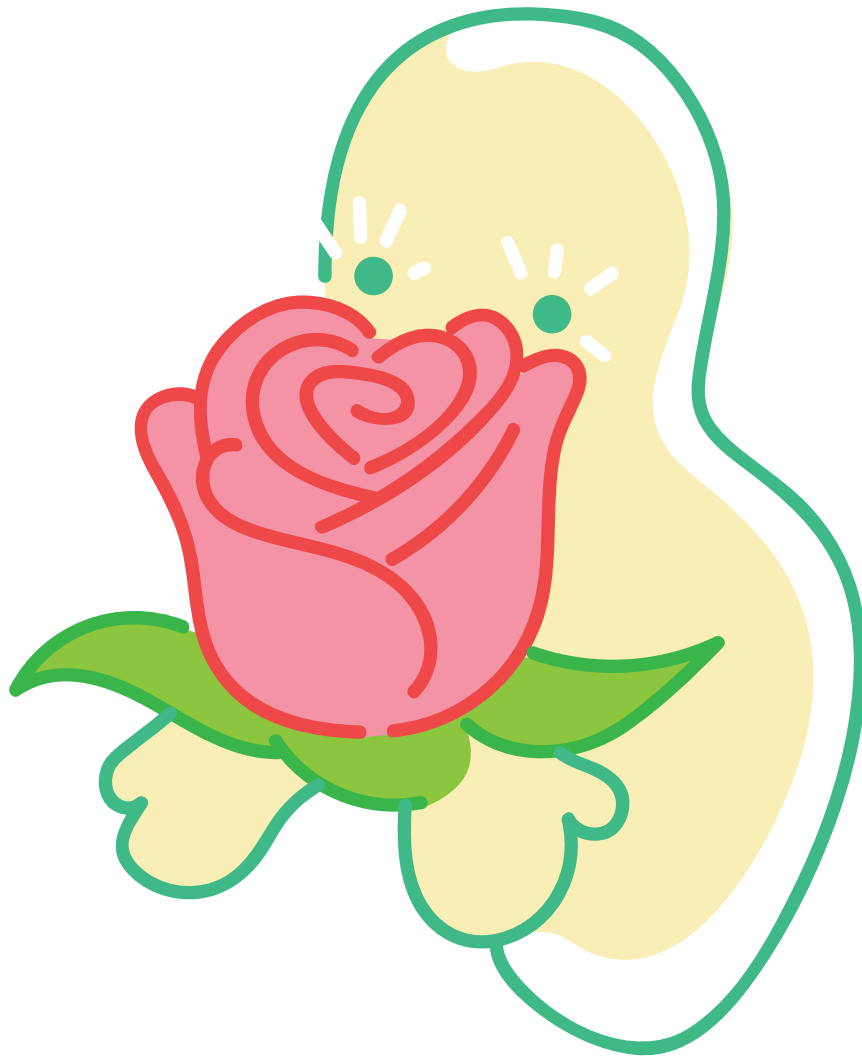
Self-soothing helps you tolerate distress and pass the time easier without making things worse because of personal emotions.



**CoPE
Together**



**Self-soothing is being
comforting, nurturing,
peacemaking, gentle and
mindfully kind to yourself.**



Vision

- Look at pictures you like in a book
- Look at the sky
- Buy a beautiful flower
- Decorate a space in your room or desk to look at
- Light a candle and watch the flame
- Look at nature around you
- Observe passerby and window displays carefully



Hearing

- Listen to beautiful or soothing music that you like
- Pay attention to the sounds of nature (waves, birds, rainfall)
- Pay attention to the sounds of the city (traffic, horns, people)
- Hum a soothing tune
- Sing your favourite song
- Compile a song list that will get you through difficult times. Turn it up.



Smell

- Use your favorite soap, shampoo, perfume, cologne or lotion, or try them on in a store if allowed
- Burn incense or light a scented candle
- Open a packet of coffee / tea and smell the aroma
- Discover the smell of your favourite food
- Open the window and smell the fresh air
- Walk in a green area and breathe in the fresh smells of nature



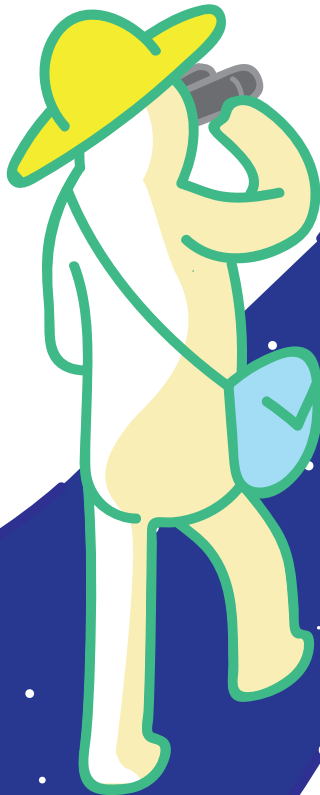
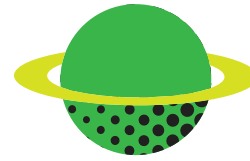
Taste

- Taste your favourite food
- Drink your favourite soothing drinks (non-alcoholic drink)
- Treat yourself with a dessert
- Try out new flavours in an ice cream store
- Eat your favourite food from childhood
- Get some food that you don't usually eat
- Really taste the food you eat. Take every bite slowly and mindfully.



Touch

- Take a long hot bath or shower
- Put on a blouse or shirt that has a pleasant feel
- Wrap up yourself in a blanket
- Run your hand along textures that you like (wood, leather, fur)
- Pet your dog or cat
- Hug your teddy bear or other plush toys
- Soak your feet in hot water



Practising self-soothing

- Find ways that make you feel comfortable
- Focus on the present sensations of your body
- Be creative, curious and open-minded
- Start from practising self-soothing twice a week to multiple daily practices. Let self-soothing be part of your daily routine.

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Materials adopted from DBT Skills Training Handouts and Worksheets,
Second Edition (2015) by Marsha M. Linehan. New York: The Guilford Press.



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