

Self-soothing Behaviors

Take a bubble bath
Take a nap
Go for a slow walk
Go for a hike
Go for a jog
Go for a bike ride
Go out for herbal tea and watch the world go by
Read a pleasurable book
Meditate
Light scented candles
Light incense
Feed the ducks
Write
Call an old friend to reminisce
Complete a low priority project that's been left hanging
Go for a drive
Listen to upbeat music
Sing
Whistle
Do things you used to enjoy as a child e.g. swing on a swing
Do things a loved one used to do for you as a child e.g. make cookies
Listen to relaxing music
Make a healthy snack, eat it slowly
Try a new recipe
Make hot cocoa
Make a fire
Alphabetize your cds
Get a massage
Massage your own feet/hands with olive oil
Lie on your back and stare at the ceiling
Lie down and tighten then relax each muscle starting from your toes
Get a new haircut
Watch a video/DVD
Pop bubble wrap
Breathe
Rub your temples, neck, shoulders
Stretch
Clip your nails
Take a Jacuzzi at a spa
Yoga
Exercise