

Simple Self Soothing Practices

Use this list when you need quick, gentle ways to calm your mind and body. These simple practices can help you feel grounded, comforted, and supported.

Physical Soothers

- Place a hand over your heart
- Wrap up in a soft blanket
- Hold something warm or cool
- Take a slow, mindful walk

Breathing & Rhythmic Soothers

- Inhale for 4, exhale for 6
- Gentle belly breathing
- Slow humming or soft singing

Sensory Comforts

- Light a candle or diffuser
- Listen to calming music or nature sounds
- Notice 3 things you can see, hear, and feel

Emotional & Mental Soothers

- Repeat a calming affirmation
- Speak kindly to yourself
- Visualize a peaceful place

Faith Friendly Soothers (Optional)

- Whisper a short prayer
- Meditate on a comforting scripture
- Repeat a truth based reassurance

Reflection

Which self soothing practice helped the most?
