

Distress Tolerance Skill

Sensory Self-Soothing

Self-soothing means using comforting activities to ease stress or pain. It helps you get through tough moments without adding to the problem.



Vision

Notice beauty around you—watch a sunrise, gaze at stars, or look at calming nature photos.



Hearing

Listen to sounds that relax you—music, birds, wind in trees, or water gently moving.



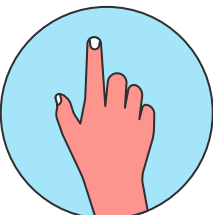
Smell

Take in pleasant scents—flowers, fresh grass, favorite perfumes, or wood smoke.



Taste

Slowly enjoy foods or drinks you love—savor the flavor and stay present.



Touch

Soothe through physical comfort—use lotion, take a warm shower, or feel the breeze on your skin.



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Find things that help you feel calmer and regulate your body by stimulating one or more of your senses.

Vision: Look at art or pictures of your favorite place. Look at things in your favorite colors. Look at nature or your pets.

Hearing: Listen to your favorite songs, nature sounds, or voices. Listen to ASMR.

Smell: Stop and smell the roses, or any flower. Smell clean laundry or your favorite cologne.

Taste: Savor your favorite beverage or food. Enjoy your favorite candy or gum.

Touch: Feel a soft blanket or stuffed animal. Pet an animal. Take a shower or bath.

Movement: Gently sway or twist your body. Stretch or take a walk.



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Combine senses for an even greater impact.

Put on some scented lotion to tap into vision (pretty bottle, lotion color), smell (pleasant aroma), and touch (pleasant feel). Lip balm may include all of the above, plus a pleasant taste.

Wrap your hands around a warm mug of tea or hot cocoa. Notice the warmth against your palms (touch), breathe in the aroma (smell), take a slow sip (taste), and watch the steam rise (sight). You can even listen to the gentle sound of stirring (hearing).

Step outside for a few moments. Feel the breeze or sunshine on your skin (touch), notice the colors of the sky, trees, or flowers (sight), listen for birds or rustling leaves (hearing), and breathe in the fresh air or scent of nearby plants (smell).



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