

## SELF SOOTHE PLAN

Things you like and that are relaxing to reduce your intensity of the emotion/stress temporarily.

List specific things in each category you would do that will relax you and lower distress. Remember this skill is not supposed to make emotions go away nor will it fix the problem. These are temporary skills to lower intensity.

**Vision:** *(flowers, watch sand art, nature, art, pictures of loved ones, glitter jars, watch candle flame)*

---

---

---

**Hearing:** *(music, nature sounds, ocean, instruments)*

---

---

---

**Smell:** *(flowers, perfume, cookies, bonfire, lotion, candles, oils)*

---

---

---

**Taste:** *(favorite food, candy, gum, hot chocolate)*

---

---

---

**Touch:** *(massage, hug, soft blanket, pet, rocks, swim, hot shower, get hair done)*

---

---

---