



Self-Soothing calming techniques

Any of the following activities may help when feelings becoming overwhelming, helping to reduce stress and anxiety.

- Breathing exercise such as square/box breathing (demonstration clips available on you tube) or belly breathing (link fingers and place both palms onto stomach, breath in for 4, then out for 4, feeling breaths rise and fall in stomach).
- Visualize a relaxing place using all of your senses
- Mindfulness exercises
- Squish a stress ball, playdough, putty, clay or kinetic sand
- Get moving... jump, hop, walk, run
- Go cloud spotting
- Stretch it out
- Inversion... bring your head below the level of your heart
- Yoga
- Drink water or drinking through a straw
- Sing out loud
- Paint it out...try hand printing or painting outside with large brush and bowl of water
- Jump to a beat
- Drumming a beat
- Blow bubbles or try moving feathers/tissue paper by blowing through a straw
- Watch fish
- What's around me?...give your attention to a single object in you environment, focus on it noting its shape, size, texture, colour etc.

- Shake and watch a glitter jar or snow globe
- Count backwards
- Walk in nature/mindful walking
- Pushing/press ups against a wall
- Roll a ball under your feet
- Listen to music
- Find a calm/safe space or have a change of scenery
- Colouring
- Play the alphabet games...name animals/places etc. alphabetically
- Grounding exercises...5,4,3,2,1
Acknowledge:
5 things you can see around you
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste
- Use your sense of smell...find a scent you really like (something strong like lavender, peppermint or lemon work well) get a small item that can carry this scent such as a small bottle/tin, handkerchief. When you notice your mind racing, anxiety increasing, tension breath in the scent and really focus on it.
- Find an object you can carry around easily with you such as a small pebble, shell or worry bead
- Give yourself a hug or a squeeze