

What to Do (10 Ways to Self – Soothe)

1. **Meditate** - Meditation helps you live in the moment rather than anticipating fearful events. Meditation also increases self-awareness and promotes mental clarity.
2. **Exercise** - Physical activity causes physiological changes such as increased blood flow to the brain and can elevate mood.
3. **Take a bath** - Taking a nice hot bath can be a way to nurture and self-soothe.
4. **Breathing exercises** - Relieves tension and increases oxygen intake. Breathe in relaxation and breathe out stress.
5. **Listen to music** - Listen to calming music such as sounds of the ocean, chimes, rain forest sounds, a babbling brook and let your awareness come and go. Listen to your favorite music that is upbeat, which can brighten your mood and distract you.
6. **Journal** - Journaling helps you get in touch with your thoughts and feelings. Writing about your experience can help you identify your thoughts and feelings. This practice can help you understand yourself better and can lead to letting go or possible ways to problem solve.
7. **Practice Positive Self-Talk** – Remind yourself that you are a kind person. Develop loving statements about yourself and repeat them.
8. **Organize something or clean** - Cleaning and organizing is a great stress reliever. It can provide you with a distraction and also gives you a sense of control.
9. **Work on a puzzle** - Working on crosswords, word find puzzles, jigsaw puzzles or Sudoku puzzles can be a diversion from negative thoughts and is entertaining.
10. **Read** - Reading can prevent you from obsessing over negative thoughts.