

WAYS TO SELF-SOOTHE

BEHAVIORAL TOOLS

Breathe, laugh, and take a bubble bath
Volunteer in your community
Watch an uplifting movie
Get a pedicure or manicure
Make some homemade soup
Cook with love (make your favorite comfort food)
Go bowling, skating, or skateboarding
Play with your dog or cat
Challenge your brain with new games
Read inspirational stories or classic novels
Blow bubbles, play hopscotch
Take nature photos, scrapbook, try new crafts
Help out in the community garden
Volunteer in a classroom
Listen to a relaxation CD
Take up painting
Learn how to sew
Write down your dreams and make them goals
Learn a craft you've always wanted to learn
Brew a cup of relaxing tea; eat nutritional foods
Make friendship bracelet; create your own jewelry
Sing, dance, act, workout, lift weights
Play tennis, basketball, baseball, softball
Play golf, Frisbee, soccer
Collect items in nature; like shells and rocks
Sign up for a college class just for fun
Hike in the redwoods and allow your senses to come alive

Get a facial, Get a massage
Practice yoga; take a nap
Practice spiritual or religious rituals
Dust off your bike and ride
Play games with your grandchildren
Take a walk or hike
Play board games; play cards
Do crossword puzzles; learn new games
Read comic books
Write daily in a personal journal
Watch the sun rise and sun set
Plant vegetables or flowers
Visit a museum; visit a library
Swing in the park; act like a child
Play a musical instrument
Develop a gratitude journal
Make a collage of things you enjoy
Run or jog or race walk
Reconnect with an old friend
Reward yourself; make healthy choices
Pick a bouquet of flowers
Write poetry; listen to music
Walk along the beach; build sand castles
Backpack; plan a picnic, swim
Try aroma therapy
Participate in fundraising events
Knit, crochet, quilt, embroider

COGNITIVE & COGNITIVE/ BEHAVIORAL TOOLS

Practice positive affirmations
Practice mindfulness by being present and living in the moment
When stressful things happen, remind yourself that you are resilient
Remind yourself that you can control your reactions to external circumstances
Accept responsibility for yourself and let go of the rest
Ask yourself what are the advantages to this current situation that is causing me stress? Write them down.
Remind yourself you are doing your best
View problems as possibilities and opportunities instead of obstacles
Notice what you are doing when you feel calm and do more
Develop an action plan for reducing stress
Meditate, practice guided visualization

WHEN YOU NEED HELP TAKE ACTION, REACH OUT!

Seek therapy if you feel stuck and need additional support
Reach out for support from family, friends, community resources and groups and/or clergy
Seek medical help if you feel depressed or anxious or have thoughts of suicide; Crisis Hotline 463-HELP