

A decorative background featuring a bamboo plant on the left side, with its green leaves and stalks extending upwards. In the bottom left corner, there is a woven basket filled with smooth, dark grey or black stones. The basket sits on a light brown, woven bamboo mat. The overall aesthetic is clean, natural, and calming.

Presented by BU Happiness College

Self Soothing Techniques

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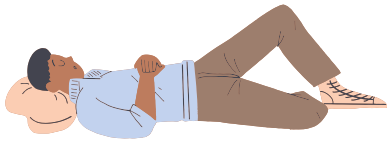




“Sometimes, the most important thing in a whole day is the rest we take between two deep breaths.” - **Etty Hillesum**

What is Self Soothing?

"A deliberate effort to calm oneself. It is an alternative to the use of medications, alcohol, or drugs for managing anxiety and stress, eating disorders, or insomnia." - Medical Dictionary



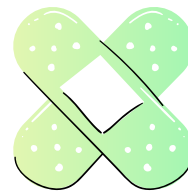
Behaviours/Habits
Developed to Regulate
Ones Own Emotions



Typically Studied
in Children but Increasingly
Showing Benefit for Adults



Origins Lie in
Dialectical Behavioural
Therapy (DBT)



Difference Between
Constructive &
Unconstructive Self Soothing

Notes

Physiological Self Soothing



Engaging Your Senses



Progressive Muscle Relaxation



Deep Breathing



Self Hug



Havening



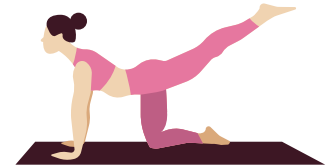
Tapping



Humming



Self Massage



Stretch

Notes

Psychological Self Soothing



Meditation



Self Validation



Self Compassion



**Self Soothing
Conversation**



**Prospective
Gratitude**



**Self
Affirmations**

Notes



Environmental/Behavioural Self Soothing



Get Outside



**Perform
a Repetitive Task**



Pet an Animal



Anchoring



Creative Outlet



Safe Space

Notes

A large, empty, rounded rectangular area for taking notes, with a light gray background.

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...

References

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