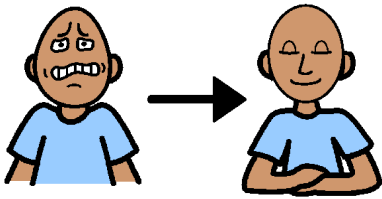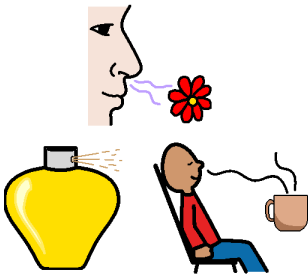# Soothing myself

When we start to feel upset we can try to soothe ourselves.

Some ideas that can help you feel soothed:

Smell

- Try nice smells like a favourite perfume, oils like lavender, food or drink like coffee.
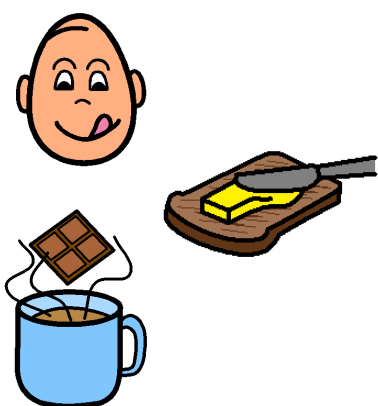
Touch

- Rub nice smelling cream on your hands, arms and feet or where you feel tense.
- Hold / hug a warmer or hot water bottle (careful!).
- Cuddle your favourite toy or hug a pillow.
- Have a warm bubble bath.

Sound

- Listen to some relaxing music or sounds that help you feel safe and soothed.
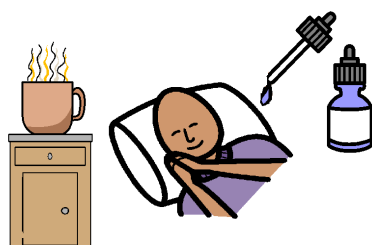
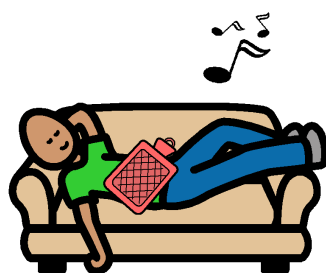|	
	Taste
	- Try a mug of hot chocolate or a slice of hot buttered toast.
	- Eat slowly and enjoy the flavour..
	Sight
	- Lie back and think about a calm and safe place or a happy place.
	- Look at some pictures of relaxing places.
	- Turn the lights down low.
	Why not try some of these ideas together, for example:
	- Put lavender oil on you pillow and have a mug of coffee on your bedside table.
	- Sit or lie holding a warmer and listen to soothing music. Close your eyes and think of your safe place.
	- Rub cream on your body after a long bubble bath.
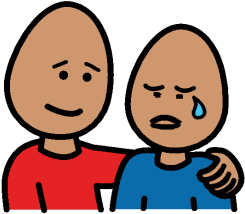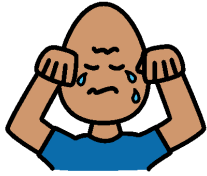
	If I'm so upset that I can't soothe myself:
	• I can find people I trust.
	• I can tell them how I feel.
	• They can help me feel better.

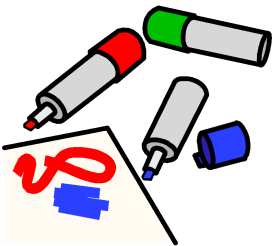**I can try activities that can help me feel a bit better, like:**
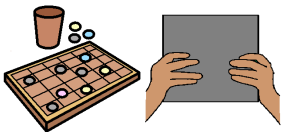
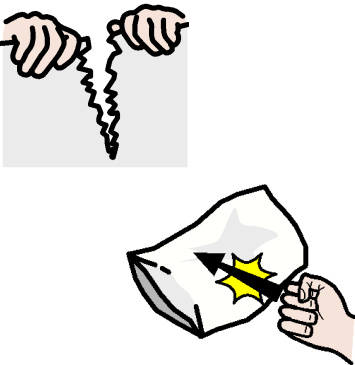|	
	• Spending time with my friends.
	• Going for a walk in the fresh air.
	• Watching my favourite film on DVD.
	• Playing a game.
	• Painting, drawing or making crafts..
	• Gardening or sitting in nature.
	• Stroking a pet.
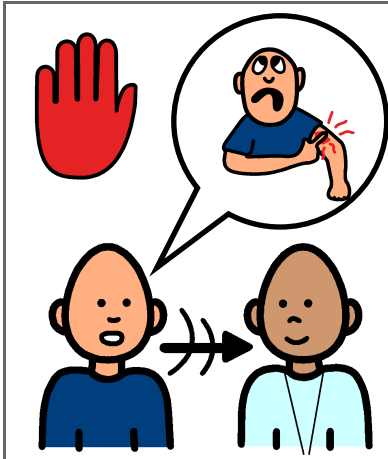
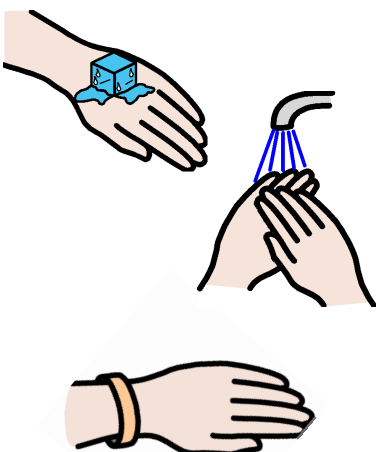|	
	If I feel I want to harm myself: • Stop and think before you act. • Tell someone you trust. This could be a parent, carer or your G.P..
	Colour it: • Colour how you feel using felt tips and paper.
	Let it out: • Tear up old newspapers, clothes or sheets. • Punch a cushion.
	Shock it: • Hold an ice cube or on your skin or hold your hand under the cold tap. • Put a hair bobble around my wrist and pull it out/let it go against my skin.

> If self-soothing does not work and your feelings are getting worse, contact your **community learning disability team** for help.