Soothe Your *Senses*

A DBT distress tolerance skill: self-soothing

Root & Bloom Therapy

When distress runs high, comfort your body through your five senses. Check the ideas you would like to try and add your own. Small, kind moments can help you get through a hard time safely.

Sight Comfort your eyes

- [ ] Watch clouds, the moon, or the night sky
- [ ] Set fresh flowers where you can see them
- [ ] Tidy one small corner so it feels calm
- [ ] Flip through photos that make you smile
- [ ] Watch a candle flame or twinkle lights
- [ ] Take a slow walk somewhere green
- [ ] Other: _____

Sound Comfort your ears

- [ ] Play calming music or a favorite playlist
- [ ] Put on a soft podcast or audiobook
- [ ] Try a white noise or ocean-waves track
- [ ] Listen for birds, rain, or wind outside
- [ ] Hum or sing along to a favorite song
- [ ] Tap out a slow, steady rhythm
- [ ] Other: _____

Smell Comfort your nose

- [ ] Light a scented candle or use a diffuser
- [ ] Brew tea or coffee and breathe in the steam
- [ ] Bake something and enjoy the aroma
- [ ] Sniff a fresh orange peel or herbs
- [ ] Smell a favorite soap, lotion, or perfume
- [ ] Step outside and take in the fresh air
- [ ] Other: _____

Taste Comfort your mouth

- [ ] Sip warm tea or cocoa slowly
- [ ] Eat a favorite snack one bite at a time
- [ ] Slowly enjoy a piece of juicy fruit
- [ ] Let a mint or hard candy slowly melt
- [ ] Sip something ice cold with lemon or lime
- [ ] Chew gum or crunch on something salty
- [ ] Other: _____

Touch Comfort your skin

- [ ] Wrap up in a soft, cozy blanket
- [ ] Hold a warm mug or a cool pack
- [ ] Roll your shoulders and stretch gently
- [ ] Take a warm shower or bath
- [ ] Pet an animal or hug a soft toy
- [ ] Squeeze a stress ball or soft fabric
- [ ] Other: _____