



# Self-Soothing Skill

Self-soothing is a coping skill derived from Dialectical Behavioral Therapy, known as DBT, to use when you are in Emotion Mind. Self-soothing is when we use our senses to help manage our emotions. Emotion Mind is when the emotion is dictating our thinking and behavior. In order to get out of Emotion Mind and back to a more reasonable state of mind, coping skills are needed. This particular coping skill encourages us to use our body to help cope with our emotions. When our mind is unreliable, we can use our body to bring us back to center because our body and senses are always in the moment. Remember not all coping skills may work for you, and that is okay, don't force it! There are numerous coping skills for a reason. If you are interested in learning more coping skills or to schedule a free 15-minute consultation, please feel free to email me at [Brittany@glowcounselingsolutions.com](mailto:Brittany@glowcounselingsolutions.com).



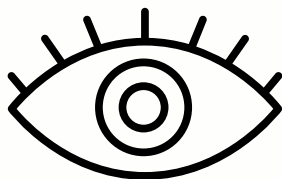
Touch

Use a weighted blanket,  
take a shower,  
or hug a loved one



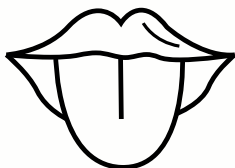
Hearing

Listen to calming music  
or re-watch a TV show you  
enjoy while listening closely



Vision

Visualize in your mind a  
calming place, watch a movie, or  
look at photos of happy times



Taste

Eat something to shock your  
taste buds (peppermint or a  
warhead) or enjoy a comfort meal



Smell

Use a calming  
aromatherapy scent