

Self-Healing

5 Self-Soothing Techniques

Learning how to self-soothe in times of stress or anxiety is a wonderful gift you can give yourself.



1

USE GUIDED MEDITATION

With guided meditation, you don't have the added stress of trying to clear your mind during a meditation practice. Instead, you listen to someone else's calm voice to soothe your emotions, often using visualization during the meditation.

You can find meditations for stress, anxiety, fear, positive mindset, love, and so much more.



2

HEALTHY DISTRACTIONS

Healthy distractions include watching something funny or heartwarming videos, listening to your favorite music, doing a creative project like painting or drawing, or playing with your pets.

Unhealthy distractions include alcohol, drugs, and habits that are going to end up making you feel worse in the long run.



3

GROUND YOURSELF

Grounding help you find your center.

Excellent grounding methods include:

- Touching your bare feet to earth. Grass works great for this one.
- Putting your feet or hands in water
- Going for a walk-in nature
- Counting backwards from 100
- Using your senses for grounding, such as sight or smell.



4

PRACTICE GRATITUDE

The more you practice gratitude, the more you see just how much it can transform your mindset. Consider the good things in your life and write down the ones that bring a smile to your face. You can express gratitude at any time, but it is a great thing to turn to when you need a little extra self-soothing from a particularly stressful event.



I am...

5

USE AFFIRMATIONS

Positive affirmations are a wonderful practice to add to your routine. Like gratitude, they can be used on a daily basis as a part of your regular routine, or just when you need them most. There are affirmations for improving your mindset, reducing stress, having more self-confidence and self-love, building your courage, and so much more.

