

SIGHTS



SELF-SOOTHING:

In times of distress, we find ways to make ourselves feel better. These should be things we can do out and about and when we are at home. Each thing we identify can be based on one of our senses.

TASTE



SOUNDS



SMELLS



TOUCH



PLAY THE 5 GAME. YOU CAN PLAY THIS ANYWHERE. INSTANTLY GIVE YOURSELF A CHALLENGE. FOR EXAMPLE, LOOK FOR 5 THINGS IN THIS ROOM THAT'S BLUE. SCAN THE ROOM AND NOTICE FIVE THINGS YOU SEE IN DETAIL. CAN ALSO DO THIS WITH SOUNDS OR OBJECTS YOU CAN TOUCH.

DESCRIBE YOUR ENVIRONMENT IN DETAIL, USING ALL YOUR SENSES — FOR EXAMPLE, “THE WALLS ARE BLUE, THERE ARE FIVE GREEN CHAIRS, THERE IS A WOODEN BOOKSHELF AGAINST THE WALL . . .” DESCRIBE OBJECTS, SOUNDS, TEXTURES, COLOURS, SMELLS, SHAPES, NUMBERS AND TEMPERATURE.



GROUNDING:

When we feel our emotions are about to run away with us, we can sometimes struggle to bring ourselves back into the present. Grounding helps you with this. Here are some examples

DIG YOUR HEELS INTO THE FLOOR- LITERALLY “GROUNDING” THEM! NOTICE THE TENSION CENTRED IN YOUR HEELS AS YOU DO THIS. REMIND YOURSELF YOU ARE CONNECTED TO THE GROUND.

HAVE A DRINK (TEA, COFFEE, WATER) TAKE A SIP. HOW DOES IT FEEL? WARM? COLD? TRY AND HOLD IT IN YOUR MOUTH FOR A BRIEF PERIOD.

FOCUS ON YOUR BREATHING, NOTICE EACH INHALE AND EXHALE. CONTINUE FOR 10 SLOW, DEEP BREATHS.