



Self Soothing Techniques



When we feel "BIG" emotions, we can do things to help us regulate ourselves and get back to calm water.

ABC Game.

This is where you choose a category and go through the alphabet thinking of something that relates to that category. You can use Countries, Names, Vegetables - whatever you like.



Storm to Calm Relaxation.

Close your eyes and begin to breath deeply in through your nose and out through your mouth.

Focus on your head. Scrunch up your eyes and tighten your facial muscles as much as you can. Hold for 5 seconds then release, allowing all your skin on your face to loosen and relax.

Now your neck - tense your jaw and neck really tightly. Hold for 5 seconds and then let it fall away and relax.

Next your shoulders and arms. Tense your shoulders, clench your fists and make your arms and shoulders really tight. Hold for 5 seconds then allow them to drop away and become floppy and relaxed.

Now your tummy. Tense your tummy muscles, really clench them. Hold for 5 seconds then let them melt away like chocolate. Feel your body dissolve into the floor below.

Now your legs, feet and toes. Tense your calves, screw up your feet as much as you can. Hold for 5 seconds then allow them to relax.

Now I want you to scan your body to see if there are any areas which are still tight or tense and mentally tell them to relax. How do you feel?



This is a great way to relax your whole body and mind.