

Distress Tolerance
Using Self Soothe with five senses:

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Vision — Look at something pretty like a flower, stare into the depth of a glowing candle, fix your hair or nails so they look pretty, look at the sunset.

Hear — Listen to your favorite music, hum a tune, or listen to nature. Allow sounds to come into your mind and then out.

Touch — Take a shower or bubble bath, pet your dog or cat, put on your bathrobe or change your bed sheets. Tune in to texture and feeling.

Taste — Have a good meal, or some herbal tea or hot chocolate, squeeze some fresh juice — let yourself really taste.

Smell — use your favorite perfume or lotion, light some incense, fragrant candle, make fresh coffee or bake a pie — Let yourself connect to the richness of smell.
