DISTRESS TOLERANCE

SELF-SOOTHING WITH THE FIVE SENSES

VISION
Watch a sunset; look at a picture or a poster that you like; make one space in a room look special or pretty; look at some pleasant aspect of nature around you; focus on any visual detail of wherever you are, even if the detail is emotionally neutral or bland (e.g., the spots on the wall).

HEARING
Listen to beautiful or soothing music; sing your favorite song; pay attention to the sounds of nature (e.g., rain, birds, wind); listen to a relaxation tape; focus on an auditory detail of wherever you are, even if the detail is emotionally neutral or bland (e.g.; the hum of an air conditioner, the buzz of a fluorescent light bulb).

SMELL
Put on your favorite perfume, lotion, or cologne; light a scented candle or incense; spray your room with a fragrant air freshener; choose some favorite scented oils; cook or bake food with a soothing smell.

TASTE
Have a good meal; have a favorite soothing non-alcoholic drink, such as tea or hot chocolate; eat your favorite ice cream or piece of candy; really take the time to taste the things you drink and eat; do so slowly and in moderation.

TOUCH
Pet your dog or cat; take a soothing bath; brush or braid your hair; hug a friend or family member; notice touch that is soothing – such as favorite fabric, stuffed animal or blanket.
