What Is Self-soothing?

Self-soothing is a simple way to help yourself feel calmer when you feel stressed. It involves using your five senses — sight, hearing, taste, touch, and smell — to ground yourself and create a sense of comfort.

How It Helps

When your emotions feel more intense, it's easy to become caught in worry or tension. Engaging your senses can gently shift your attention, helping you relax and regain a sense of control. Even small actions — listening to a calming sound, touching something soft, or taking in a pleasant scent — can make a meaningful difference.

Finding What Works for You

Everyone is unique, and different sensory experiences bring comfort to different people. Some students may feel soothed by looking at calming images or colors, while others may prefer the taste of a favorite snack or the feeling of a warm drink in their hands.

Feel free to experiment with different activities to find the one(s) that work best for you.

Sight

– Find pictures on the Internet of places that you find soothing to look at. It can be different cities, nature, animals or artistic pictures.

– Look at the beautiful way the sky, the trees, the grass, and the plants around

– Watch a movie that is famous for its beautiful cinematography. Make sure that its story won't make you stressed

– Go to a museum or gallery and enjoy the artwork

– Start a collection of pleasurable pictures and look at them when needed.

Hearing

– Enjoy your favorite song

– Listen to calming music or nature sounds

– Tune into an audio book, a podcast, or a show that you enjoy

– Practice with a guided mediation

– Talk to a person that you like

Taste

– Enjoy a cup of coffee, herbal tea, cocoa or other drinks that you enjoy

– Refresh yourself with a glass of water

– Have a comforting snack (e.g., candy, nuts, fruit, chocolate)

– Eat a fresh piece of fruit

– Savor your favorite meal slowly and savor its taste

Touch

– Hold something soft, warm, or textured (e.g., blanket, cushion plush toy, stress ball)

– Offer yourself a gentle squeeze on your arm or feet

– Doing a craft activity like knitting or crochet

– Take a warm shower or bubble

– Wear comfortable clothes and enjoy how it feels on your skin.

Smell

– Smell something comforting, like your favorite lotion or perfume

– Notice natural scents around you

– Buy some flowers or indoor plants that you would enjoy smelling.

– Using a room diffuser with your favorite essential oil

– Cook a meal that smells delicious to you.

Reference: https://dialecticalbehaviortherapy.com

甚麼是自我治愈?

自我治愈是一種簡單的方法，能幫助你在感到壓力時讓自己平靜下來。它透過運用你的五種感官——視覺、聽覺、味覺、觸覺和嗅覺——來讓你穩定情緒，並營造一種舒適的感覺。

自我治愈如何幫助你?

當你的情緒變得較為強烈時，很容易陷入焦慮或緊張之中。運用感官可以溫和地轉移你的注意力，幫助你放鬆並重新獲得掌控感。即使是小小的動作——例如聆聽平靜的聲音、觸摸柔軟的東西，或聞一聞令人愉悅的氣味——都能帶來顯著的改變。

找到適合你的方法

每個人都是獨特的，不同的感官體驗對不同的人會帶來不同的治愈。有些學生可能覺得觀看平靜的圖片或顏色能帶來治愈的感覺，而另一些人則可能更喜歡品嚐自己喜愛的小點心，或是感受手中溫熱飲料的觸感。

請隨意嘗試不同的活動，找出最適合你的那一種（或那幾種）。

視覺

– 在網路上尋找讓你感到放鬆的地方的圖片。可以是不同的城市、大自然、動物或藝術圖片。
– 觀察周遭天空、樹木、草地和植物美麗的樣貌。
– 觀看一部以美麗攝影著稱的電影，但要確保其劇情不會讓你感到壓力。
– 去博物館或美術館欣賞藝術作品。
– 收集一些令人愉悅的圖片，需要時就拿出來看看。

聽覺

– 聆聽你最喜歡的歌曲。
– 聽一些平靜的音樂或大自然聲音。
– 收聽你喜歡的有聲書、播客或節目。
– 練習有引導的冥想。
– 與你喜歡的人交談。

味覺

– 享受一杯咖啡、花草茶、可可或其他你喜歡的飲品。
– 喝一杯水讓自己恢復精神。
– 吃一點能帶來安慰的小點心（例如糖果、堅果、水果、巧克力）。
– 吃一塊新鮮的水果。
– 慢慢品嚐你最喜歡的一餐，細細體會它的味道。

觸覺

– 握住柔軟、溫暖或有紋理的東西（例如毯子、靠墊、絨毛玩具、減壓球）。
– 輕輕按壓自己的手臂或雙腳。
– 進行手工活動，例如編織或鉤針。
– 洗個溫暖的淋浴或泡泡浴。
– 穿上舒適的衣服，享受它接觸皮膚的感覺。

嗅覺

– 聞一聞讓你感到安慰的氣味，例如你最喜歡的乳液或香水。
– 注意你周圍的自然氣味。
– 買一些你會喜歡聞的花或室內植物。
– 使用裝有你最喜歡的精油的室內擴香器。
– 烹調一道你覺得聞起來很美味的菜餚。

參考資料：https://dialecticalbehaviortherapy.com