




**This week's nook activity is here!**

**LEARN HOW TO**  
**SELF-SOOTHE**

**Stop by OHP (Sayles 162) to pick up a  
guide on different ways that you can  
self-soothe when in distress.**



# What is *SELF-SOOTHING* and how can it help me?

When we feel emotionally distressed, overwhelmed, or removed from the present moment, self-soothing can help calm our body and restore equilibrium.

## *SELF-SOOTHING VS SELF-CARE*



**A band-aid that can help you calm down in the moment**



**A preventative measure that can help you build resilience in the long-run**

### **Sources**

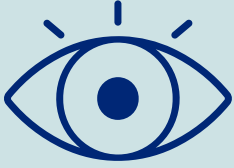
Degges-White, S. (2020, January 30). Self-Soothing: First Aid for Stress and Burnout. Retrieved from <https://www.psychologytoday.com/us/blog/lifetime-connections/202001/self-soothing-first-aid-stress-and-burnout>

Eddins, R. (2020, April 1). Grounding Techniques & Self Soothing for Emotional Regulation. Retrieved from <https://eddingscounseling.com/grounding-techniques-self-soothing-emotional-regulation/>



# **SELF-SOOTHING**

## **with the senses**



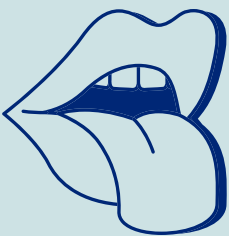
**stare at the flame of a candle**  
**look through pictures or videos**  
**go outside and observe your surroundings**



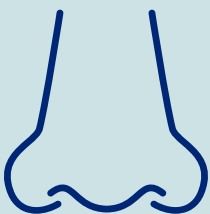
**listen to relaxing music**  
**sing or play an instrument**  
**say positive statements out loud**



**stretch your body or do yoga**  
**play around with different textures**  
**shock your system with ice cubes or cold water**



**eat your favorite comfort meal**  
**eat something sour or spicy**  
**drink something hot or cold**



**breathe in the smells of nature**  
**smell essential oils (lavender, bergamot)**  
**use a favorite soap, shampoo, or conditioner**



# HEALTH PROMOTION

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@carletonswas



Carleton SWAs



Carleton College Office  
of Health Promotion



[go.carleton.edu/ohp](http://go.carleton.edu/ohp)

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