



# What Self Soothing Do I Enjoy?



*This is a really fun exercise - jot down what activities help you to self soothe - this creates another tool for when your threat system is activated.*



Ideas could include: pamper myself, bubble bath, go to the beach, massage, light a candle, listen to music, phone / text a friend, wear favourite scent, essential oil diffuser, go to favourite cafe, nice lunch, cuddle your pet, imagine a relaxing scene, watch a favourite film, smile, read, go to the beach, watch the stars.

