

Soothing Stress

There's a difference between numbing and soothing yourself.

How do you sooth yourself? What nurtures your soul?

Learn about yourself. Circle what you love.

Going outside	Counting my blessings	Teaching
Cooking	Getting help from a	Cleaning
Baking	professional	Having fun
Snuggling	Receiving support	Hosting an event
Drinking a nice drink	Feeling safe	Learning something new
Eating a yummy food	Feeling loved	Having a purpose
Watching an inspiring show	Meditation	Feeling connected
Talk with friends	Prayer	Making a difference
Talk with family	Reading	Enjoying your possessions
Talk with a counselor	Journaling	Eating something healthy
Lighting a candle	Being creative	Getting good sleep
Take a sensory bath	Saying affirmations	Deep breaths
(bubbles, smells, candles, music)	Stretching	Enjoying beauty
	Yawning	Exercise

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