






# SELF-SOOTHING TOOLKIT

SUPPORT FOR STRENGTH IN  
EVERY MOMENT


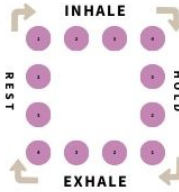



# Sensory Inventory Worksheet

Reflect on your favourite soothing sensory experiences for each of the five senses. Identifying these personalised strategies can help you build a self-soothing toolkit.


<p>SIGHT</p> 	<p>List three visuals or scenes that bring you comfort and relaxation. For example: a serene nature landscape, soft candlelight, a piece of artwork</p>	1	
		2	
		3	
<p>SOUND</p> 	<p>Identify sounds that have a calming effect on you. List three sounds. For example, gentle rainfall, relaxing music, ocean waves</p>	1	
		2	
		3	
<p>TOUCH</p> 	<p>Consider sensations that bring comfort. List three tactile experiences. For example: soft blankets, a warm cup of tea in your hands, hugging a plush toy</p>	1	
		2	
		3	
<p>TASTE</p> 	<p>Reflect on flavours that bring you joy or relaxation. List three favourite tastes. For example: comforting herbal tea, dark chocolate, fresh fruit</p>	1	
		2	
		3	
<p>SMELL</p> 	<p>Identify scents that have a positive impact on your mood. List three favourite smells. For example: lavender, vanilla, freshly baked bread</p>	1	
		2	
		3	


# Breathing Techniques


## Cheat Sheet


Type of Breathing	Technique	Practice and Notes:
<b>Lengthen the Exhale</b> 	Forcibly, push all the air out of your lungs, then let your lungs naturally fill up with air. Next, inhale for a count of 4 and then exhale for a count of 6. Repeat this for 2 to 5 minutes.	Note how your body feels before and after. 
<b>Box Breathing:</b> 	Inhale for a count of 4. Hold your breath for a count of 4. Exhale for a count of 4. Pause without breathing for a count of 4. Repeat the cycle.	Note any changes in your stress levels. 
<b>Lion's Breath</b> 	Inhale through your nose. Open your mouth wide, stick out your tongue, and stretch it to your chin. Exhale forcefully and make the sound of a lion. Breathe normally for a few moments. Repeat 4 - 6 times.	Record any thoughts or sensations. 
<b>Lazy-8 Breathing</b> 	Imagine an 8 on its side. Start in the middle and trace up the right part of the 8 while you inhale. When you reach the middle, exhale as you trace the left part of the 8	Reflect on the balance it brings to your mind and body. 
<b>Finger Breathing</b> 	Trace around the thumb and fingers of your outstretched hand. From base of thumb to tip, inhale; from the tip of your thumb to the base on the other side, exhale. Repeat around the whole hand.	Describe how your body feels before and after. 

# Grounding Technique Cheat Sheet

	5 things you can see	1	
		2	
		3	
		4	
		5	

	4 things you can hear	1	
		2	
		3	
		4	

	3 things you can touch	1	
		2	
		3	

	2 things you can smell	1	
		2	

	1 thing you can taste	1	
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# Affirmations

Affirmations can be powerful tools for promoting positive thinking. Choose from the provided affirmations or create your own. Keep these affirmations handy and use them during moments of stress or self-doubt. Repeat the chosen affirmation aloud or in your mind, focusing on its positive message.

"I am resilient and capable of overcoming challenges."

"I embrace change and trust in my ability to adapt."

"I am worthy of love and respect."

"I trust in the process of my own growth and development."

"I am confident in my ability to make positive choices for myself."

"I am deserving of happiness and inner peace."

"I am in control of my thoughts, and I choose positivity."

"I am surrounded by love and support."

"I am learning and growing every day."

"I believe in my own potential and abilities."

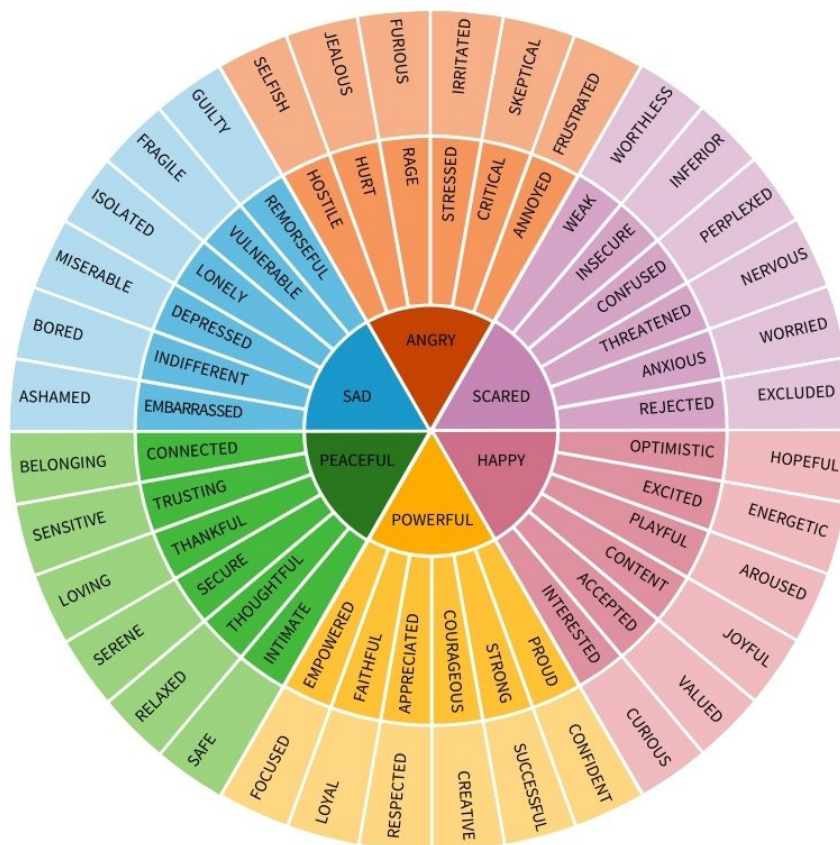
Use this space to craft your own affirmations that resonate with your goals and values.



# Emotions Wheel

Using the Emotion Wheel:

- Identify the primary emotion you are experiencing at the moment.
- Reflect on the intensity of that emotion by considering its placement on the wheel.
- Choose a self-soothing strategy based on the identified emotion.



Emotion	Examples of soothing strategy	My chosen soothing strategy
Sad	Listen to uplifting music.	
Angry	Take a brisk walk or do exercise.	
Scared	Practice deep breathing exercises.	
Peaceful	Engage in mindfulness meditation.	
Happy	Engage in a favorite hobby.	
Powerful	Create an empowerment playlist.	

# Comfort Objects List

Identify and list objects or items that bring you comfort. Keep this list in your self-soothing kit for quick reference during challenging times.

1	<b>Object</b>	Choose a physical object that brings you comfort. For example, a soft and cosy blanket	
2	<b>Keepsake</b>	Identify a keepsake or item with sentimental value. For example, a photo of a loved one	
3	<b>Symbolic Item</b>	Choose an item that symbolises positive qualities. For example, a small stone symbolising resilience	
4	<b>Scented Item</b>	Include an item with a comforting or favourite scent. For example, a lavender-scented sachet	
5	<b>Tactile Object</b>	List an item with a pleasing texture or touch. For example, a stress-relief squishy toy	
6	<b>Inspirational Object</b>	Select an item that inspires positive thoughts. For example, a small motivational quote card	
7	<b>Hobby-related Object</b>	Include an item related to a favourite hobby or activity. For example, a knitting project	
8	<b>Sound-producing Item</b>	Add an item that produces a comforting sound. For example, a small wind chime	
9	<b>Self-care Item</b>	Choose an item associated with self-care. For example, a scented candle for relaxation	
10	<b>Personal Comfort Item</b>	Include any additional object that brings personal comfort. For example, a favourite book	

# Mindfulness Meditation Script

Begin by finding a comfortable posture:

Sit or lie down in a position that allows you to be relaxed and alert. Rest your hands on your lap or by your sides. Close your eyes gently. Take a few deep breaths:

Inhale deeply through your nose, filling your lungs with air. Exhale slowly and completely through your mouth. Repeat this deep breathing pattern three times. Bring your awareness to your breath:

Notice the sensation of your breath as you inhale and exhale. Feel the rise and fall of your chest or the gentle expansion of your abdomen. Shift your attention to your body:

Scan your body for any areas of tension or discomfort. As you exhale, allow those areas to soften and release tension. Notice the sensations:

Bring your attention to the sensations in your body and the contact points with the surface you're on. Feel the support beneath you. Observe your thoughts:

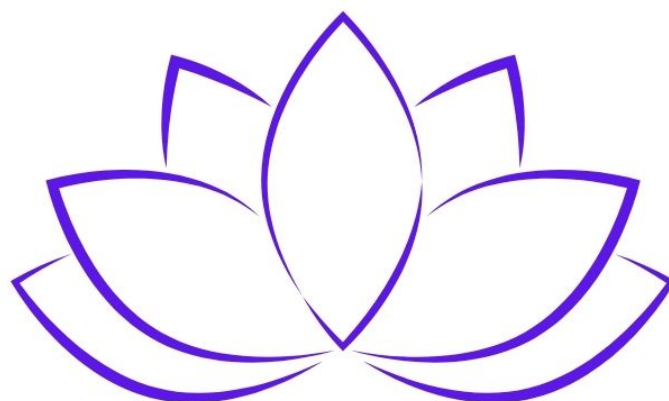
Allow thoughts to come and go without judgment. If your mind starts to wander, gently guide it back to your breath or the present moment. Focus on the present moment:

Pay attention to the sounds around you. Notice any smells or tastes in the air. Expand your awareness:

Imagine a gentle, warm light surrounding you, creating a sense of calm and tranquility. Let this light fill your entire being, bringing relaxation and peace. Countdown to awareness:

In your mind, count backward from 10 to 1. With each count, allow yourself to become more present and relaxed. Slowly return to the present:

Wiggle your fingers and toes. Gently open your eyes. Take a moment to appreciate the stillness and calmness you've cultivated.





# Your Self Care Routine

<b>Morning Routine:</b>	List activities to start your day positively. For example, morning stretches, enjoying a nutritious breakfast, mindful breathing or meditation	
<b>Work/School Hours:</b>	Plan activities for during work or school hours to maintain balance. For example, short breaks for stretching, hydration reminders, brief walks or outdoor breaks	
<b>Afternoon Energiser:</b>	Include activities to boost your energy in the afternoon. For example, quick workout or exercise, listening to uplifting music, a healthy snack	
<b>Evening Relaxation:</b>	Plan activities to unwind and relax in the evening. For example, warm bath or shower, reading a book or practising a hobby, gentle yoga or meditation	
<b>Nighttime Routine:</b>	Establish activities to prepare for a restful night. For example, dimming lights before bed, journalling on the day, avoiding screens before bedtime	
<b>Weekly Self-Care:</b>	Allocate time for self-care activities during the week. For example, weekly exercise class, a hobby or creative activity, connecting with friends.	
<b>Goal Setting</b>	Include tasks or activities that bring a sense of accomplishment. For example, setting daily goals, completing a task on a to-do list, reflecting on achievements	

# Self-Reflection

Use this page to reflect on your emotions, identify triggers, and assess the effectiveness of self-soothing techniques. Track your progress over time.

## Emotions

Identify your predominant emotions today.	<input type="checkbox"/> Happy	<input type="checkbox"/> Sad	<input type="checkbox"/> Scared
	<input type="checkbox"/> Anxious	<input type="checkbox"/> Stressed	<input type="checkbox"/> Peaceful
	<input type="checkbox"/> Excited	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Other
Notes			

## Triggers

Identify any specific events or situations that triggered your emotions.	<input type="checkbox"/> Work-related	<input type="checkbox"/> Personal goals	<input type="checkbox"/> Environment
	<input type="checkbox"/> Relationship	<input type="checkbox"/> Social	<input type="checkbox"/> Expectations
	<input type="checkbox"/> Health-related	<input type="checkbox"/> Social media	<input type="checkbox"/> Other
Notes			

## Self-Soothing Techniques:

Which self-soothing techniques did you use today?	<input type="checkbox"/> Breathing	<input type="checkbox"/> Objects	<input type="checkbox"/> Physical
	<input type="checkbox"/> Grounding	<input type="checkbox"/> Meditation	<input type="checkbox"/> Self-care
	<input type="checkbox"/> Affirmations	<input type="checkbox"/> Sounds	<input type="checkbox"/> Other
Notes			

Reflect on the effectiveness of your chosen self-soothing techniques. Are there any trends in your emotions and triggers? Are there any new strategies you want to try in the future?

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# Support System Sheet

Identify and list your support system, including friends, family, and professionals. Include emergency contacts and coping strategies for times of crisis.

## Emergency Contacts:

Family	
Name	
Contact details	

Friend	
Name	
Contact details	

Mental Health Professional	
Name	
Contact details	

Support Group	
Name	
Contact details	

## Coping Strategies

<b>Breathing exercise</b>	Briefly describe a deep breathing technique that works for you.	
<b>Positive affirmations</b>	List one or two affirmations that resonate with you during challenging times.	
<b>Safe space visualization</b>	Describe a mental image or place that brings you a sense of safety and calm.	
<b>Emergency self-care kit</b>	List a few items or activities that you can easily access for self-soothing.	

Keep a printed or digital copy of this worksheet in your self-soothing kit. Remember to update the information as needed and to reach out to your support system during times of crisis. Personalizing this kit ensures it becomes a meaningful and effective resource tailored to your unique needs and preferences.