

Distraction and SELF-SOOTHING TECHNIQUES

OBJECTIVES:

NEGATIVE BI CAN CREATE AND REINFORCE ANXIETY, DISTRESS, AND EMOTION DYSREGULATION. ENGAGING IN DISTRACTION AND SELF-SOOTHING TECHNIQUES CAN INCREASE DISTRESS TOLERANCE, LOWER ANXIETY, AND IMPROVE EMOTIONAL REGULATION.

INSTRUCTIONS:

CREATE A LIST OF DISTRACTION AND SELF-SOOTHING BEHAVIORS AND/OR ACTIVITIES THAT YOU CAN ENGAGE IN WHEN YOU ARE EXPERIENCING NEGATIVE FEELINGS RELATED TO YOUR BODIES AND/OR EXPERIENCES IN YOUR BODY.

EXAMPLES:

- Wrap up in a heated blanket.
- Light scented candles or oil.
- Play soothing music.
- Practice deep breathing (or a breathing technique of your choice).
- Engage in knitting, crocheting, or cross-stitching.
- Apply a cool washcloth to my face; add lavender oil for additional calming.
- Take a warm bath.
- Play with my pet.



My Distraction and SELF-SOOTHING TECHNIQUES

