

## SELF-SOOTH LIST

Choose the one's that best suit you. Start off by doing one once a week and as the programme continues eventually doing one a day. Alternating between activities is also a good way to spice things up and make it more fun and enjoyable.

1. Meditating
2. Finishing off something
3. Talking with a friend
4. Watching TV/series/movie
5. Sitting/lying in the sun
6. Drawing/coloring in a mandala
7. Dancing
8. Playing an instrument
9. Setting goals and making plans
10. Meeting up with a friend
11. Repairing something
12. Wear nice clothes/make-up
13. Gardening
14. Go to that party or event
15. Shopping
16. Praying
17. Cooking
18. Sleeping \*\* watch out for this one that it is actually resting and not a form of escapism.
19. Pampering
20. Joining a running group/book club/bible study
21. Learning a new skill
22. Writing in a diary/bloggng
23. Reading
24. Doing a puzzle
25. Playing a card game
26. Reflecting on how you have improved
27. Thinking "I am a person that can cope"
28. Taking a warm bath
29. Playing a sport
30. Gym
31. Yoga/Pilates
32. Playing games
33. Relaxing
34. Laughing
35. Painting
36. Singing
37. Watching the birds
38. Eating your favorite food
39. Doodling
40. Having a quiet evening
41. Or anything else you can think of which is self-soothing to you