

Emotion Regulation: Self-Soothing Kit

Sometimes, our emotions get away from us. We wake up in a bad mood, unpleasant things seem to keep happening and before you know it, we are in a full-blown awful day. We need to come up with a strategy to regulate our emotions. One of the best ways to do this is to develop a “Self-Soothing Kit.” This should be an actual, physical kit of things that reliably trigger pleasant feelings. Once we have it put together, it is important to keep it readily accessible. In times we feel we are stuck in a bad mood; we want to give ourselves a brief moment to go to the kit and find something that will help us emotionally balance out.

To find things for the kit, we should think about our primary senses. Below is a list of suggestions. Check off the ones that could be helpful and add in any of your own ideas.

<p><u>Sight</u></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pictures from a book you like <input type="checkbox"/> Funny cartoons/comics <input type="checkbox"/> Light a candle and watch the flame <input type="checkbox"/> Pictures of a pleasant/happy place 	<ul style="list-style-type: none"> <input type="checkbox"/> Write down a place you like to go people watch <input type="checkbox"/> Make a playlist of videos of people performing (e.g., dance, music, etc.) <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p><u>Sound</u></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Make a playlist of music you know the words to <input type="checkbox"/> Write a list of places you enjoy the sound of (e.g., traffic, birds, etc.) <input type="checkbox"/> Have a music instrument handy that you like to play 	<ul style="list-style-type: none"> <input type="checkbox"/> Turn on the radio <input type="checkbox"/> Put on a foreign language show/station and listen to voices <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p><u>Smell</u></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Favorite soap, lotion, or cologne <input type="checkbox"/> Burn incense or light a candle <input type="checkbox"/> Cut fresh fruit 	<ul style="list-style-type: none"> <input type="checkbox"/> Boil cinnamon <input type="checkbox"/> Walk outside and smell plants <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p><u>Taste</u></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Order your favorite food <input type="checkbox"/> Have a stash of hard candies <input type="checkbox"/> _____ 	<ul style="list-style-type: none"> <input type="checkbox"/> Make your favorite childhood food <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p><u>Touch</u></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Take a long bath/shower <input type="checkbox"/> Pet a dog/cat <input type="checkbox"/> Have a massage <input type="checkbox"/> Put clean sheets on your bed 	<ul style="list-style-type: none"> <input type="checkbox"/> Run your hand over smooth wood or a stone <input type="checkbox"/> _____ <input type="checkbox"/> _____