

SELF-SOOTHING TECHNIQUES

01

WHAT ARE SELF SOOTHING TECHNIQUES?

In moments of stress you may experience an uptick in adrenaline, often referred to as the fight or flight response. Self-soothing is a method of emotional regulation used after moments of stress to get the body back to its normal state.

02

WHAT ARE THEY FOR?

Once a stressor has caused the fight or flight response, you may feel jittery, nauseous, numb, or have trouble sleeping. A self-soothing technique can be used to regulate this response by targeting the sympathetic nervous system. Effectively, you are tricking your body into believing that you are once again calm and safe through fluid and repetitive movements or thoughts.

If you feel a panic attack coming on, try these techniques, and if you can, ask someone to do them with you. They're not a cure, but they might help you feel calm enough to reach out for support.

03

HERE'S HOW:

Try these self-soothing techniques:

- Breathe slowly and count your fingers
- Recall positive connections
- Laugh
- Hum, chant, or sing

04

IN PRACTICE

When exercise or meditation sessions aren't an option these techniques can help to calm the immediate stress response in moments of threat or stress.

IF YOU FEEL LIKE YOU HAVE BEEN LIVING IN A 'FIGHT OR FLIGHT' RESPONSE FOR AN EXTENDED PERIOD OF TIME, PLEASE SEEK HELP.

Visit the resources page on our website for more information about therapeutic and counselling services