



# Skills Handbook

**SELF-SOOTHING  
GROUNDING  
MANAGING WORRY**



C.I.C.

# SELF-SOOTHING

## EXAMPLES OF SELF-SOOTHING



- Watching the sunset, sunrise or night sky
- Spending time in nature
- Watching visuals of nature on YouTube
- Change your phone lock screen to a soothing nature scene or a happy memory
- Draw a picture



- Putting on favourite perfume/aftershave
- Smelling clean laundry
- Putting some fresh flowers out
- Open the windows for the smell of fresh air
- Light a scented candle



- Listen to your favourite music
- Relaxing podcasts
- Windchime near your window
- Listen to nature sounds (such as rainfall) on youtube
- Listen to ASMR (gentle, repetitive sounds)



- Enjoy your favourite meal (take time to enjoy the tastes)
- Sucking on ice cubes or an ice lolly
- Sucking on sweets or mints
- Drink something soothing (tea, coffee, hot chocolate)



- Stroking a pet
- Using a weighted blanket
- Squeezing a stress ball or using a fidget aid
- Holding a comforting item
- Sitting in a comfortable chair
- Brushing your hair

# GROUNDING

## SKILL 1: NOTICE YOUR SURROUNDINGS

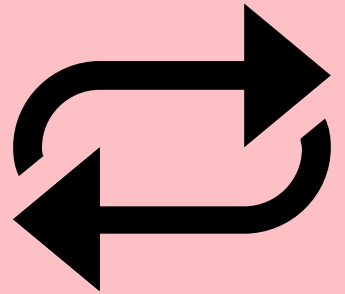
1

Say out loud one thing you can hear, one thing you can see and one thing you can feel



2

Repeat these three times or as many times as you need



3

Describe the objects, sounds, textures, colours, smells and shapes around you



**Try it now!**

Try to practice these skills as much as possible. Practicing when you are feeling relaxed will make them easier to use when feeling overwhelmed.

# GROUNDING

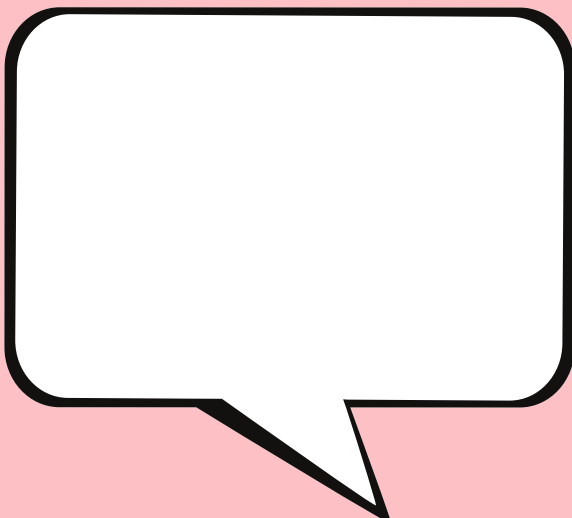
## SKILL 2: DEVELOP A GROUNDING PHRASE

Acknowledge the negative feelings you are experiencing whilst also acknowledging that you are safe in the present moment

I am scared and I am aware that I am safe

I have survived the past and I will survive now

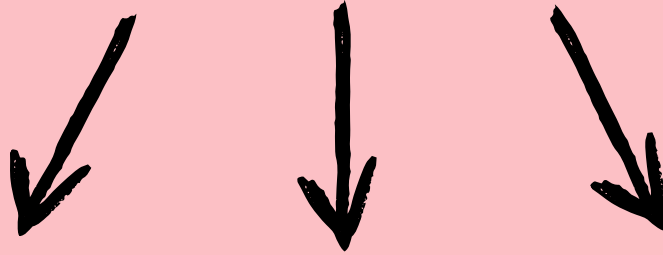
Can you think of a phrase you could use?



# GROUNDING

## SKILL 3: USE A GROUNDING OBJECT

A comforting object  
which might have



A special  
meaning or  
memory

Soothing or  
interesting  
texture

A nice scent  
or visually  
pleasing

# GROUNDING

## SKILL 4: PHYSICAL GROUNDING

Run cold or  
warm water  
over your  
hands

Stretch your  
body

Eat  
something  
very slowly  
and mindfully



Focus on  
your  
breathing

Jump up and  
down

Clench and  
release your  
fists.

# THE WORRY TREE

