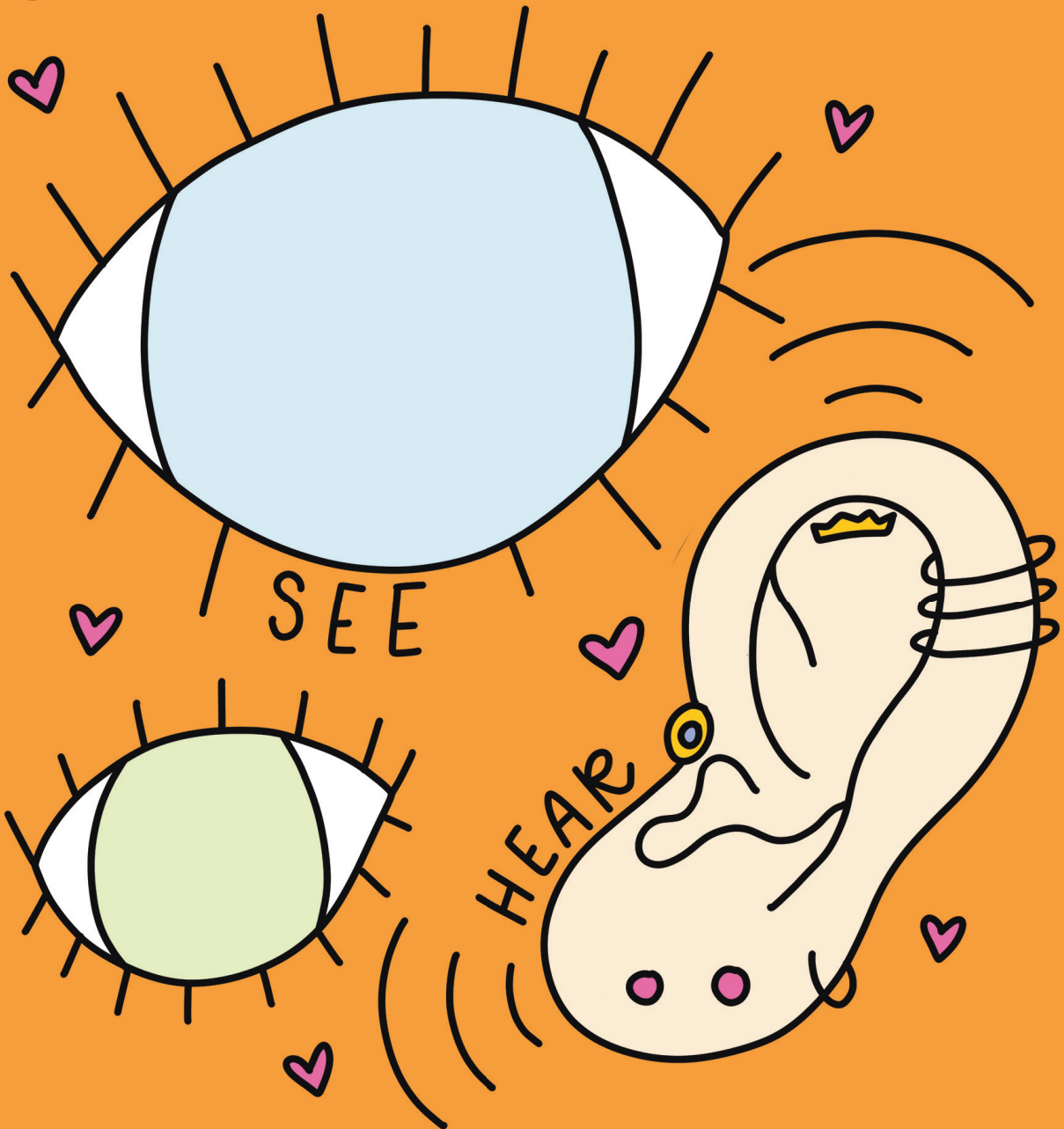


SELF-SOOTHE

When we are feeling activated by a strong, uncomfortable emotion, it can be beneficial to reconnect with our bodies. One great way to do this is by using all senses available to us to soothe ourselves. In the illustrations below, list ways you can self-soothe with each sense. Some will overlap, and that's okay, because many experiences have multiple sensations at once!





SEED PACKET PORTRAIT

