This week's nook activity is here!

LEARN HOW TO

SELF-SOOTHE

Stop by OHP (Sayles 162) to pick up a guide on different ways that you can self-soothe when in distress.
What is **Self-soothing** and how can it help me?

When we feel emotionally distressed, overwhelmed, or removed from the present moment, self-soothing can help calm our body and restore equilibrium.

**Self-soothing vs Self-care**

- A band-aid that can help you calm down in the moment
- A preventative measure that can help you build resilience in the long-run

**Sources**

SELF-SOOTHING
with the senses

- Stare at the flame of a candle
- Look through pictures or videos
- Go outside and observe your surroundings

- Listen to relaxing music
- Sing or play an instrument
- Say positive statements out loud

- Stretch your body or do yoga
- Play around with different textures
- Shock your system with ice cubes or cold water

- Eat your favorite comfort meal
- Eat something sour or spicy
- Drink something hot or cold

- Breathe in the smells of nature
- Smell essential oils (lavender, bergamot)
- Use a favorite soap, shampoo, or conditioner
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- @carletonswas
- Carleton SWAs
- Carleton College Office of Health Promotion
- go.carleton.edu/ohp

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