**Self-Soothing Skills and Techniques: A Partial List**

**“GREEN BRAIN” tools (Somatics, Body Sensations)**

* Flooded?  Disengage … ask for a break
* Attend to physical needs: +Sleep, +Exercise, +Time in Nature, (-)Caffeine, (-)Sugar, etc
* Physical grounding: Connect feet, toes, back, legs, hips to support
* The senses: Touch (texture, temperature), Visuals (real or photo), Smells, Sounds, Taste
  + Tune into and focus on the senses (opening meditation)
  + Comfort the senses (comfort objects or actions)
* Breathe intentionally
  + Box Breathing (Navy Seals), 2:1 Ratio (use temporarily to increase/decrease heart rate)

**“RED BRAIN” tools (Feelings, Emotions)**

* Treat emotions when they are small(er)
* Kindness and compassion
  + Soften any “Feelings about the Feelings”
* Emotion = a 90 second energy event (Dr. Jill Bolte Taylor and many others)
  + Body - YES - Allow body to gently notice and digest the wave of physical sensations
  + Brain - NO – Notice thoughts, label them (“thinking”, “story”) and return to body
* Gratitude – A gratitude practice, or even a few minutes of feeling true gratitude, is calming

**“BLUE BRAIN” tools (Thoughts)**

* Mindfulness meditation/labeling (“Thinking” … “Story”)
  + Try Tara Brach/Jack Kornfield (<https://www.tarabrach.com/mindfulness-daily/>),

Pema Chodron, Jon Kabat-Zinn (<http://www.wisdom2conference.com/live>), and many others

* Simple brain tasks
  + Count 5 \_\_\_\_ things (colors, shapes, textures…)
  + Basic arithmetic
* NLP - “Neuro-Linguistic Programming”
  + Turn a stress-inducing conversation or colleague into a cartoon voice/character
  + Coaches, therapists, books, videos & blogs can provide many NLP stress-reduction techniques
* Curiosity
* Byron Katie’s Four Questions (on your own or with a coach/facilitator) - <https://thework.com/>

**Link to** [**SLIDES**](https://www.learningwithexperience.com/uploads/1/2/0/7/120775390/self_soothing_skills__slides_6_11_20.pdf)

Thanks for joining “Self-Soothing Skills & Techniques 1.0”. Here’s the link to a short feedback [**SURVEY**](https://www.learningwithexperience.com/self-soothing-survey.html)if you haven’t yet completed it. Feel free to reach out if you’d rather provide feedback in person.

I’d also love to support you or your organization with Team Coaching, Leadership and Executive Coaching, or Experiential Workshop Design & Delivery. Please let me know if that would be a useful conversation.

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Enabling high performing, sustainable teams

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