

## How Can I Soothe Myself?

Our mammalian caregiving system activates a chemical process that releases oxytocin. This helps us feel good when we are caring and, at an evolutionary level, reminds us to take care of our young. Likewise, when we care for *ourselves*, this same chemical process occurs. It also reminds us that we have the tools to meet our own needs without relying on external influences.

Some ways to soothe yourself might include:

Soothing Touch Practice	Closing Eyes & Resting	Taking a Bath
Going for a Walk	Reading a Book	Stretching
Hugging a stuffed animal	Crying	Being Alone
Sit Outside	Garden	Craft & Create Art
Journal	Meditate	Play with a Pet
People watch	Talk to yourself (Pep talk)	Yoga

Circle the ways you might soothe yourself above or list others in the space below: