



Sussex Partnership
NHS Foundation Trust

Langley Green Hospital Acute Day Service

Managing unhelpful thoughts group



[@withoutstigma](#)

[@lgh_spft](#)

WELCOME

GROUP RULES

- RESPECT CONFIDENTIALITY – Please make sure that nobody else can see your screen and do not discuss names outside the group.
- DO NOT RECORD the groups.
- LISTEN and TAKE TURNS whilst speaking.
- Be RESPECTFUL – No swearing and profanities!
- You CAN LEAVE at any time.
- To optimise the experience, please TURN ON THE CAMERA and SWITCH OFF THE AUDIO until you would like to share something with the group.
- During the group, we may be unable to respond to direct messages due to running the group. If you need urgent support, please contact the Crisis Team or emergency services.

INTRODUCE YOURSELF

Please say your name and something you did this week that you enjoyed.

TOPIC FOR TODAY

Self soothe strategies



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WARM UP

Can you share an activity that helps you calm down when distressed?

Do you know why that activity helps you calm down?



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WHAT IS SELF SOOTHE?

- Self-soothing is a tool we can use to soothe and calm ourselves when we're anxious or distressed, without resorting to any negative coping strategies.
- It's a way of comforting, nurturing, and being kind to ourselves.
- It provides respite.
- It can take practice.



EVIDENCE

Self soothing is a DBT coping skill.

Dialectical behaviour therapy (DBT) is a comprehensive, evidence-based treatment for a variety of disorders.



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BARRIERS TO SELF SOOTHE

- Feeling like we don't deserve these comforts
- We might expect soothing to come from other people



SELF SOOTHE IDEAS

- Various senses
- Activity packs
- Coping skills cards

Lets go through each sense and identify activities using these senses that would help self soothe and manage distress.

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.

Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket

Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats

Smell

Aromatherapy
Fresh air
Candles/insense
Comforting smells

Taste

Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors

www.blessingmanifesting.com

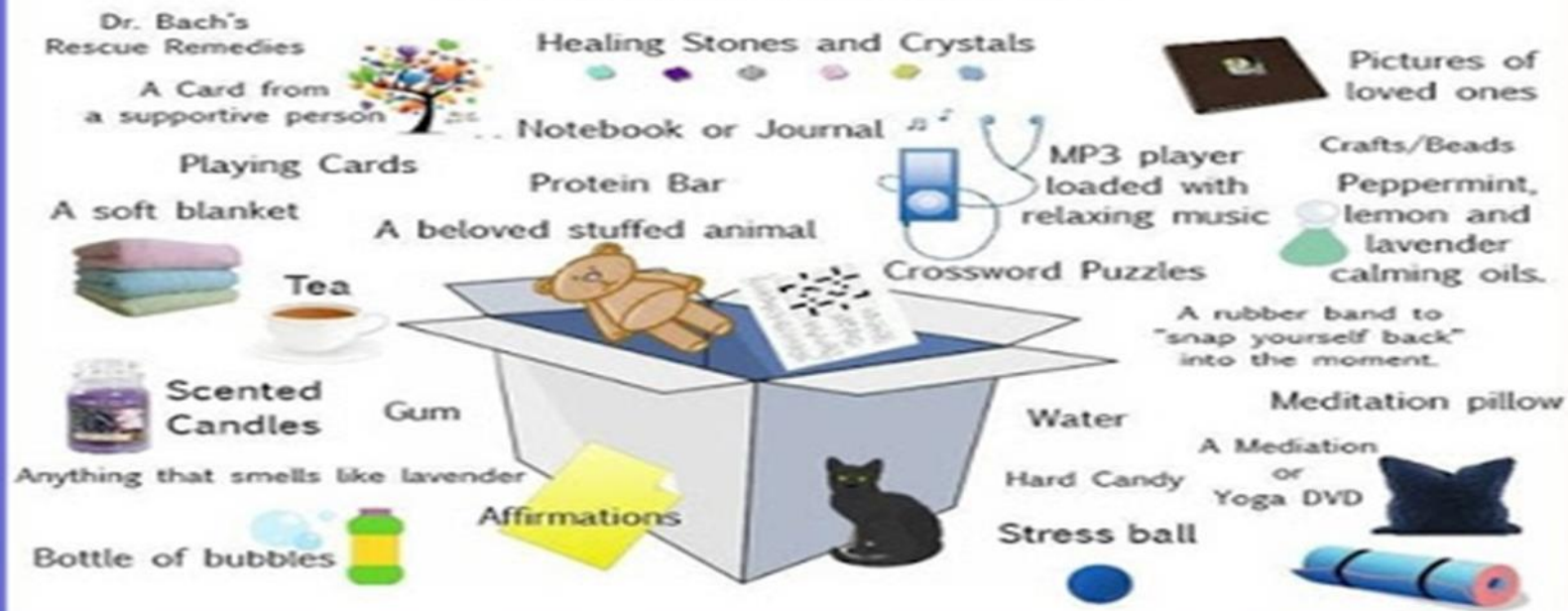
The Coping Toolbox

What exactly is a Coping Toolbox?

It's a collection of your various favorite and healthy items that you can use when you are feeling anxious, panicky or distressed.

Many therapists recommend to their patients to create a coping toolbox for those times when they need something to help them get through an anxiety attack, panic attack or any kind of distressed situation.

The items below are recommended by the members of High AnXieties. Of course it's up to you what you add. Just keep in mind that you want things that will give you a positive distraction and that will help bring you through the difficult times.

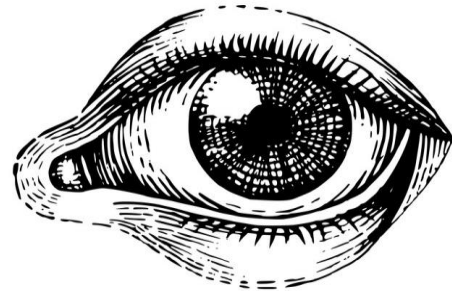


**Lets explore some self
soothe ideas using each
sense.....**



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Can you share some self soothe ideas using your vision?



SIGHT



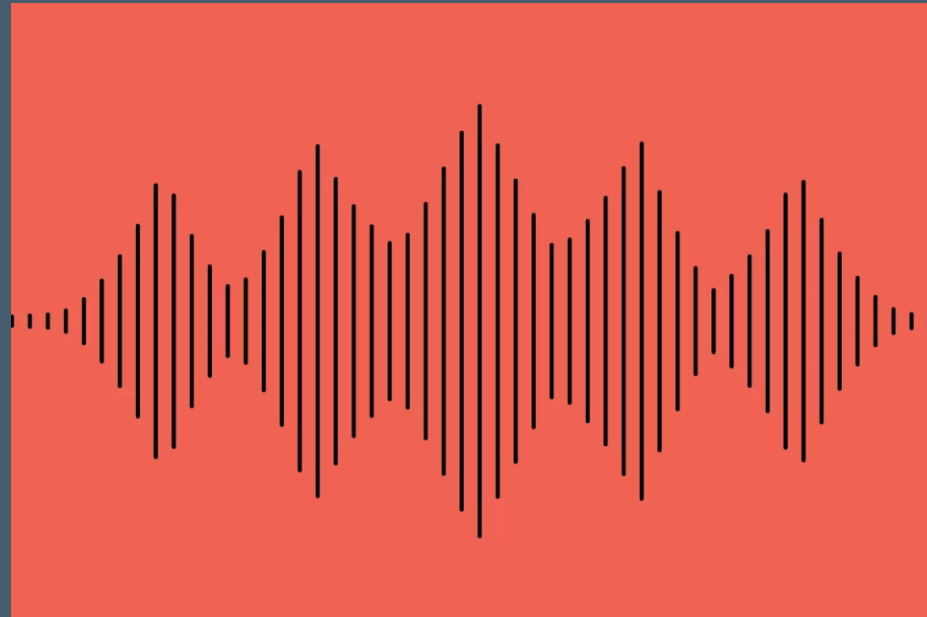
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VISION

- Walk in a pretty part of town.
- Look at the nature around you.
- Go to a museum with beautiful art.
- Buy a flower and put it where you can see it.
- Sit in a garden.
- Watch the snowflakes decorate the trees during a snowfall.
- Light a candle and watch the flame.
- Look at a book with beautiful scenery or beautiful art.
- Watch a travel movie or video.



What sounds help to soothe you when are distressed?



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SOUND

- Listen to beautiful or soothing music, or to tapes of the ocean or other sounds of nature.
- Listen to a baby gurgling or a small animal.
- Sit by a waterfall.
- Listen to someone chopping wood.

When you are listening, be mindful, letting the sounds come and go.



What smells do you prefer/ enjoy?



SMELL

- Smell breakfast being cooked at home or in a restaurant.
- Notice all the different smells around you.
- Walk in a garden or in the woods, maybe just after a rain, and breathe in the smells of nature.
- Light a scented candle or incense.
- Bake some bread or a cake, and take in all the smells.



**Can you identify some self
soothe ideas using your
touch sense?**



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TOUCH

- Take a bubble bath.
- Pet your dog or cat or cuddle a baby.
- Put on a silk shirt or blouse, and feel its softness and smoothness.
- Sink into a really comfortable bed.
- Float or swim in a pool, and feel the water caress your body.



What tastes do you prefer / enjoy?



TASTE

- Have a special treat, and eat it slowly, savouring each bite.
- Cook a favourite meal.
- Drink a soothing drink like herbal tea or hot chocolate.
- Let the taste run over your tongue and slowly down your throat.
- Go to a potluck, and eat a little bit of each dish, mindfully tasting each new thing.



HOW TO COPE WITH SENSORY OVERLOAD?

SELF-CARE FOR SENSORY OVERLOAD

Noise
Cancelling Headphones

Nature sounds like **rain** storms or sunny days

darkness
Sleeping masks or **darkness**

Scents that you enjoy

Nature scenes or **ambient** noise

Changing the temperature to **warmer** or cooler

Soft or low lighting

Weighted, soft, or **heated** blankets

Guided **meditations** or binaural beats

Blessing Manifesting



- **Become aware of your triggers**
- **Choose one sense at a time and limit the amount of exposure to other senses.**
- **Seek help if you identify any warning signs.**
- **Use calming tools/ sensory toys that help you ground yourself and stay present.**
- **Distract and engage in some productive activity.**



SELF SOOTHE BOX - Examples



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MAKE YOUR OWN SELF SOOTHE BOX

- How to make a start? What do you need?
- Think about your interests and favourite things.
- What if you cannot physically put the item in the box?

Any other barriers you can think of? How to overcome them?



Questions?



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SUMMARY

**Self soothe helps calm down
difficult emotions and distress.**

HOMEWORK

Have a go at making your own self soothe box

If you are interested, we can send you some useful handouts, worksheets and coping skills cards to support you with making your own self soothe box.



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Useful handouts

- Safety plan
- Sensory clouds
- Useful apps
- Coping skills cards



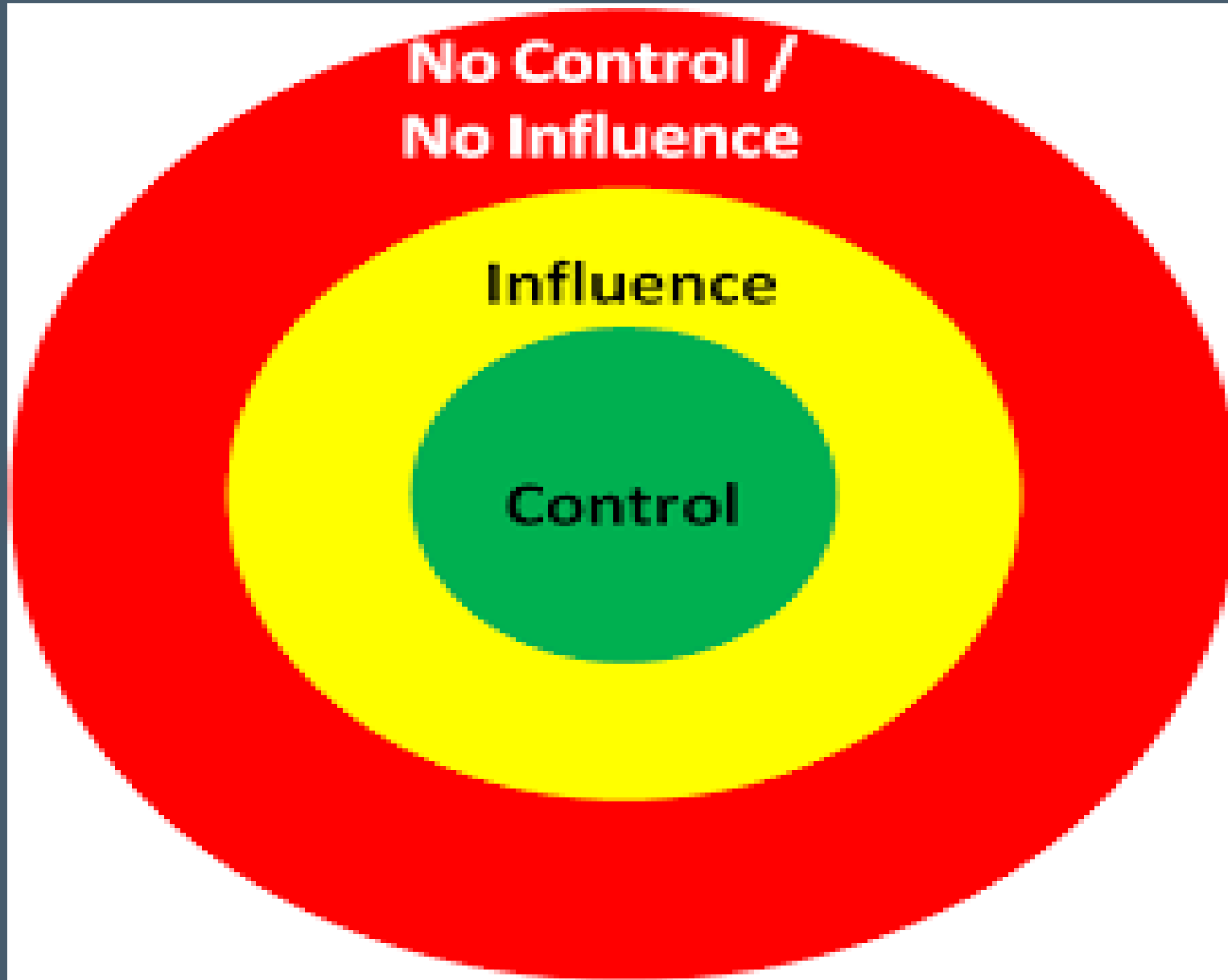
**More worksheets.....
Depending on time**



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CIRCLE OF LIFE - CONTROL





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