



Self-Soothing Plan

A Guide to Supporting Your Body and Mind for Calm and Safety

What is Self-Soothing?

Self-soothing is the practice of helping your body and mind feel safe, calm, and supported, especially during stress or overwhelm.

Your reactions are not wrong—your nervous system is trying to protect you. This worksheet helps you respond with care instead of pressure.

Check-In With Yourself

Right now, I feel:

- Calm / grounded
- Anxious / overwhelmed
- Shut down / disconnected
- Not sure

My body feels:

My emotions feel:

What Do I Need Right Now?

When I feel overwhelmed, I usually need:

- Comfort
- Calm / quiet
- Movement
- Reassurance
- Connection
- Space

- Other: _____
-

My Self-Soothing Tools

Physical (Body-Based)

Examples: deep breathing, stretching, wrapping in a blanket

Sensory (5 Senses)

Examples: music, scents, warm drinks, soft textures

Emotional Support

Examples: kind self-talk, journaling, naming feelings

Connection

Examples: texting a friend, sitting near someone safe

Comfort & Safety

Examples: safe space, favorite objects, calming routines

Quick Self-Soothing Plan

When I feel overwhelmed (activated), I will:

When I feel shut down (low energy), I will:

My Go-To Soothing List (Top 5)

-
-
-
-
-

My Personal Safety Plan

When I don't feel safe in my body, I will:

To gently calm myself, I will:

Who or what supports me:

Gentle Reflection

- What helps me feel safest?
 - Which tools feel easiest to use?
 - What is one small thing I can practice daily?
-

Notes

Gentle Reminder

You don't have to push yourself to feel better instantly. Small, safe steps are enough. Your body learns safety through patience and care.

“You are allowed to comfort yourself.”