

# DBT Distress Tolerance: Self-Soothe

Using the senses intentionally to communicate safety and reduce emotional overload.

## Use one or more senses

- Vision: nature, low light, photographs, art, a clean space.
- Hearing: music, ambient sound, silence, a calming voice.
- Smell: coffee, soap, outdoors, a familiar scent.
- Taste: tea, mint, a nourishing snack, slowly noticing flavor.
- Touch: weighted blanket, warm shower, cool object, soft fabric, petting an animal when appropriate.

## Keep it grounded

Choose sensory experiences that are safe and do not create another problem. Self-soothing is not avoidance forever; it is a way to lower arousal so you can choose your next step more effectively.

## Try this reflection

**Create a five-senses list you could use at home, at work, and in your car.**

**Using this resource:** For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.