Self-Soothing Tool Kit

In Dialectical Behavioral Therapy, creating an actual, physical toolkit for self-soothing is a common therapeutic intervention. The idea is that you use different items to connect to all five of your senses to reground you in your body and the present moment. My office is full of such items and this is something you can create for yourself to access at home (or anytime if you make a portable one).

VISION

Photos of people you love
Photos of places that are soothing to you
Images of artwork you love
Images with affirmations/quotes
A glitter bottle (**direction included**)

You can create a folder on your phone of images or keep printed photos/postcards etc in your physical kit

TOUCH

Clay, putty, play-doh
Fidget toys (spinners, fidget rings, etc)
Pom-poms, puffs
Stress ball, squeeze ball
Tactile blanket (or small square of tactile fabric for portability)
Feather
Lotion or body oil for self-massage
Weighted blanket
Microwavable heat wrap (even if you don’t warm it up, it adds weight)
Tactile socks, mittens, etc.

TASTE

Gum
Hard candies
Individual bags of tea, hot chocolate, etc.
Mints
Throat spray
Crunchy chips, pretzels, etc in individual servings
**SOUND**

White noise machine  
Soothing nature sounds (apps, downloads, YouTube videos)  
Playlist of favorite music  
Mini chimes, meditation bowl, chant recordings

**SMELL**

Essential oils  
Frangrant teas  
Coffee beans  
Loose tobacco  
Dried flowers, herbs, etc  
Incense  
Scented candles  
Room sprays  
Perfumes  
Scented oils or lotions

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**Personal Toolkit Plan**

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Sensory Bottles

You will need:

Clear plastic bottles (water bottles are perfect)
Water
Food coloring or dye
Glitter or confetti
Oil (baby oil is clear, the lighter the better)
Glue

Fill the bottles halfway up with water and add a few drops of food coloring or dye. Add your glitter or confetti then top off the bottle with oil. Dollop glue in the lid before screwing the lid back on and let dry completely before you use it!