**Use Simple Self-Soothe Strategies**

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**Introduction**

Practice at a time of calm – This can be proactive when you are in a calm place and reactive, when you feel you are losing sense of calm.

**Massage Your Hands**

During the current situation which can increase anxiety you can use the act of hand washing as a positive way to reregulate. Use a lotion or cream after washing your hands. Empty thoughts and focus on your hands, how they feel , the smell of the cream, the smooth sensation and massage away how you are feeling. This practice is good to wash away anxiety over coronavirus. Instead of being an anxious activity it becomes calming. You can also use the action of washing and rubbing your hands elsewhere and not just while washing so it is useful anytime and anywhere. Work worries out through each of the fingertips

**Close Your Eyes and Look Inwards**

Close your eyes take a deep breath and focus in. Step away from situations. You can then continue and focus in on different senses – one at a time

**Give Yourself a Hug**

Wrap your arms around your body- this could be while standing sitting or curled up horizontally. It sends a message to our brain that we are safe, especially during current times when we can’t hug each other.

**Box Breathing**

Helps you take control and take a mindful moment. Draw the square in the air, in front of you as you breathe in and out. Make the shape as you do. This could be for yourself or facing someone you are encouraging to calm so you reflect the action and provide a focus that distracts and soothes. .

In Out

Out In

**Body Scan**

We need to relax and start with feet and work up to our head. The aid of script can be helpful. You could read the script for someone else you are supporting to help them relax. Or you could record yourself reading the script and either lie or sit and close your eyes while you listen and work through the sequence. Images can help too so you could have them on a screen that you can focus on while you relax.

**Script**

Make yourself comfortable. Can be seated or lying down.

Take long slow deep breaths.

Breathe in through your nose and out through your nose.

Expand as you inhale and relax and let go as you exhale

Begin to let go of noises around you

If you are distracted by sounds around you ,so that you notice them, bring your focus back to your breathing.

Now bring your attention down to your feet and begin to focus on them. Think about how they feel. You may want to wiggle your toes. You may think about the sensation of your socks around your feet, do so without judgement. Just focus on them. You might think about your breathing and sending it all the way down to your feet through your lungs and your abdomen down to your toes. Then back up again and out through your nose.

When you are ready dissolve your feet in your mind’s eye and move up to your ankles, calves knees and thighs. Observe the sensations you can feel. Breathe into and out of. If your mind wanders bring it back. If you notice pain or discomfort or pain don’t focus on it just notice it, observe how it can shift, change and relax. Breathe in the moment just as they are and breathe in and out of your legs.

Then on the next breath allow your legs to dissolve in your mind. Begin to feel the sensations in your lower back and pelvis. Softening and relaxing, breathe in and out. Slowly move your attention to your mid-back and upper back. Become curious about the sensations around them. Become aware of the sensation of muscles, movement, temperature, point of contact with furniture with each breath.

Then let go and turn your focus onto the sensations in your stomach and internal organs. Perhaps you notice the feeling of digestion or your body rising and falling with your breathing. If you notice opinions rising about these areas gently let them go and return to noticing sensations.

As you continue to breathe bring your attention to your chest and heart region and just notice your heartbeat. Be aware of your heart beating and become aware of how your chest rises with inhale and falls with exhale. Let go of any judgements that may arise.

In the next out breath shift your focus to your hands and fingertips. See if you can breathe everything into and out of this area as if you are breathing in and then out of your hands. If your mind wanders gently bring your focus back to your hands.

On the next outbreath bring the focus up to your arms. Observe the sensations there that might be different from your right and your left arm. No need to judge this, as you exhale you may notice the arms relax and soften.

Continue to breathe and turn your focus to the neck, shoulder and throat region.

This is an area where we often have tension. Breathe through the sensations here. It could be tightness, tension or holding. Let go of any thoughts or stories you may be telling yourself about this area. You may notice your shoulders moving along with the breath. As you breathe you may notice the tension rolling off your shoulders.

On your next out breath – shift your focus onto your scalp head and face. Observe the sensations around you. Be aware of the feel of the air as you breathe in and out of your nostrils. As you exhale you might notice the softening of any tension you may hold.

And now let your attention expand out through your body as a whole. Bring into your awareness the top of your head down to the bottom of your toes. Feel the gentle movement of the breath as it moves through your body.

As you come to the end of this practice take a full,,,deep…breath..taking in all the energy of this practice…exhale fully.

Ready?

Open your eyes and return your attention to this present moment. As you become more aware focus your attention that this practice will benefit everyone that you come into contact with actually and virtually today.

**Reflect on which of the strategies are helpful and when you would use them.**