



Comfort yourself with your five senses

Tolerating discomfort means being able to comfort and reassure yourself to get through a bad situation.

Sometimes just surviving a bad situation without making it worse is the best outcome. We can't problem solve to make it better, but we can 'get through it' or 'stick it out'. When we are overwhelmed by emotions, often our first impulse or reaction makes everything worse. Annoying!

If we feel someone has disrespected us, we might fight back. If we feel someone is unfairly accusing us, we might run away. Resisting the impulse to react in unhelpful ways means we might get through the crisis without making it worse. The more often you stick it out, the more skilled and confident you will become in managing strong emotions.

There are many ways that we can make a crisis worse. These include verbally or physically attacking someone, using drugs or alcohol, buying stuff you don't need and can't afford, binge eating, harming yourself, running away or giving up.

We only need two strategies to get through a crisis - **distraction** and **self-comfort**. Distraction is deliberately turning your attention away from the crisis while self-comfort uses your five senses to reassure and calm yourself. Make sure you build skills in both strategies.

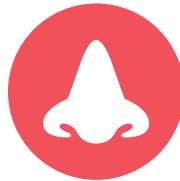
WORK OUT A SELF-COMFORT STRATEGY FOR EACH OF YOUR FIVE SENSES:



Sight: Focus on looking at a calming and soothing scene.



Hearing: Listen to music or sounds that are reassuring, uplifting and supporting.



Smell: Breathe in your favourite smells that remind you of safety and love.



Taste: Have your favourite meal or treat, and eat it slowly.



Touch: Feel something soft and smooth. Pat your dog or cat, have a warm drink, wrap yourself in something warm and soft.

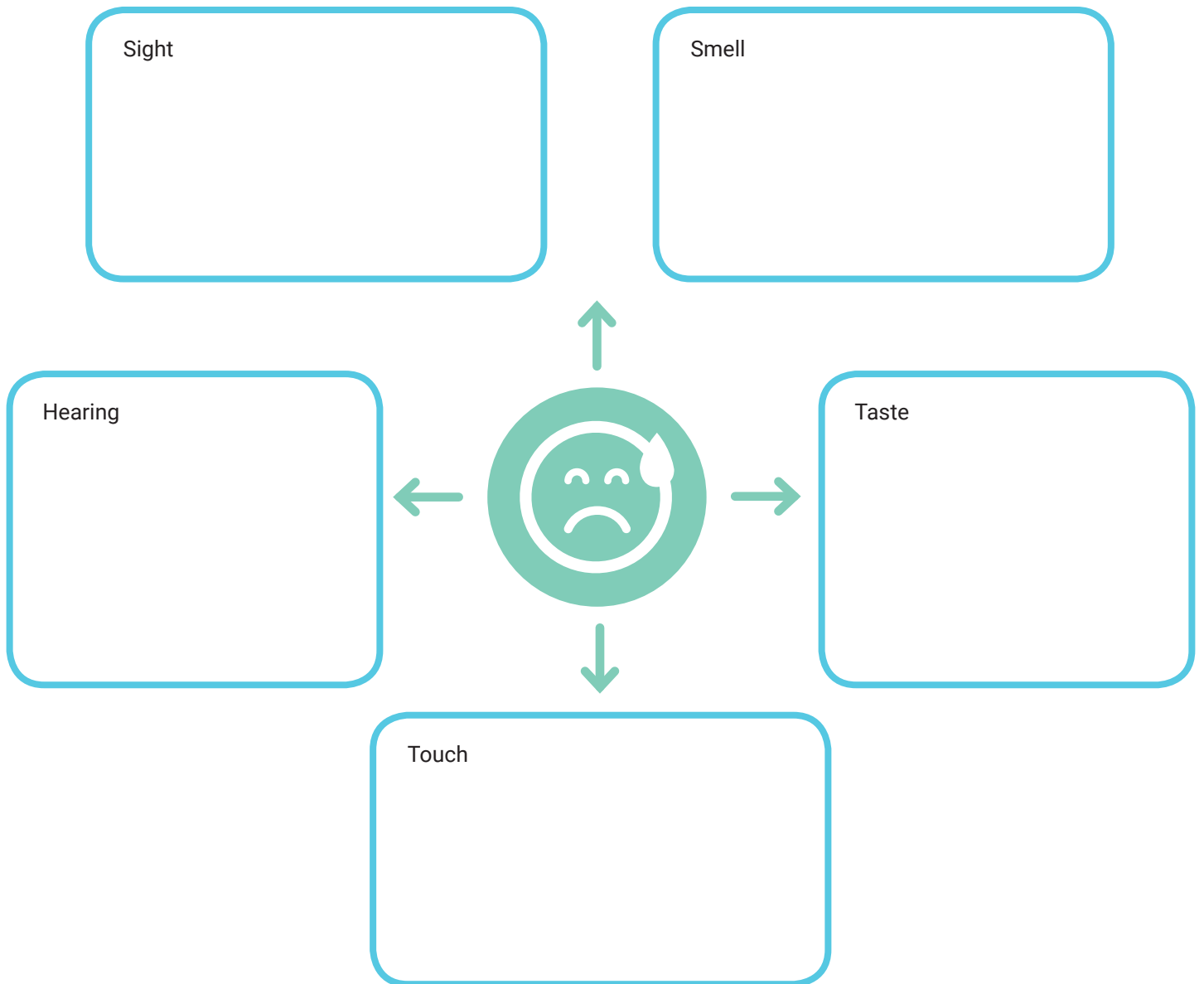


By focusing on your 5 senses, you offer comfort to yourself in ways that remind you of times you have felt reassured or safe.



MY SELF-COMFORT PLAN

Self-comfort means doing simple small things that make us feel safe. Self-comfort might be something you have never paid much attention to in the past. Comforting ourselves is an essential part of regulating emotions. Knowing we have a set of skills that help us feel better means we know we can get through a bad situation. Start to experiment and practice different ways of comforting yourself. You can then use these strategies to get through times of pain or distress.



Commit to self-comfort using your strategies. Take a photo of this page and save it on your phone so you have your Self-comfort Plan ready for when bad things happen.



PRACTICE & REFLECT

Look out for opportunities to practice your Self-comfort Plan this week. Tick it off in the calendar when you notice that you have used your plan.

- MON**
- TUE**
- WED**
- THUR**
- FRI**
- SAT**
- SUN**