



# Comfort yourself with your five senses

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

Self-comfort uses your five senses to reassure and calm yourself. This is a helpful strategy to get through a difficult situation without making it worse.

## 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.



TOLERATING  
DISCOMFORT