

## Some Comforting Ideas

For many of us, identifying quick ways to comfort or soothe ourselves is increasingly important to be able to do. Whether we are stressed at work, at home or even out for a walk, feeling distress can happen to anyone. Sometimes when we are most stressed and most want quick relief, we may be blocked from remembering what does soothe us. In a recent MCN webinar, over half of the participants couldn't identify even one self-soothing strategy to use. Identifying strategies before stressful or overwhelming situations occur is essential.

I found and adapted a list from Tricia Hersey of the Nap Ministry that she originally designed as suggestions for folks wanting to rest when sleep is elusive. This list consists of easy to do activities. I suggest keeping this list handy or making a note of three or four of these that are "keepers" that you say to yourself, "Yup, this can work for me." They can be done for a few minutes, any time, any place.

- Close your eyes for 10 minutes.
- Take a long shower in silence.
- Meditate for 20 minutes.
- Stare out the window and daydream.
- Sip decaf tea before going to bed.
- Slow dance with yourself to soothing music.
- Pray.
- Do a yoga pose
- Time yourself for a 20-minute nap
- Take a hot bath
- Take a media break
- Batch your responses to texts and emails
- Take a long walk in nature
- Listen to a long piece of music while doing nothing else
- Play a musical instrument
- Work on a coloring book
- Knit or crochet
- Bake
- Do slow breathing into a count of 4, hold for 2 and out for a count of 5