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## Ways to Soothe Your Emotions



# WITHOUT FOOD

1. Progressive muscle relaxation\*\*
2. Self-massage (feet, hands, face, back of neck etc)
3. Write out your feelings and face them (to give a new perspective)
4. Self-compassion body scan\*\*
5. Talk to a friend
6. Use 5 minutes of positive imagery
7. Write your negative thoughts on paper, then throw it in the trash
8. Participate in meditation or prayer
9. Say the name of your emotion out loud - challenge their truth
10. Channel (or sublimate) your energy into a creative project
11. Work up a good sweat
12. Consider a meditative yoga session
13. Stimulate your intellect - find a new book, podcast or group
14. Spend time with a furry friend
15. Consider starting a blog or other outlet for sharing your experiences
16. Find a way to help someone else in need.
17. Watch a favorite movie or TV show
18. Listen to music that will change your mood around
19. Sleep/rest
20. Take a hot, relaxing shower
21. Light a candle with a scent that reminds of something good
22. Visit a coffee shop either with a friend or alone with a good book
23. Play a game
24. Say or write out positive affirmations for 5 minutes
25. Consider the need for professional help