

### YMCA Week 3 “Self-Care”

Self-care is important to infuse in our daily lives regardless of what is happening around us. It is especially important to practice self-care when we are experiencing high level stressors, no doubt we are all impacted in these current pandemic times.

Let’s debunk the idea that self-care means being selfish.... We will be better partners, parents, co-workers, and overall human if we care for thyself.

What are your favorite ways to care for you?

Let’s look at our wellness wheel and the multi-dimensions of self-care (physical, occupational, intellectual, financial, environmental, emotional, spiritual, social)

We don’t need to fulfill each of these dimensions on a daily basis. However, are you feeling a void in any of these areas?

It’s a good check in being self aware of how we self care.

Another area of self-care I would like to explore is emotional regulation or self-soothing ideas. This can fit into the emotional/physical dimension of the wellness wheel. It is ways to self-care from a sensory lens.

Therapy modality take away:

Emotional Regulation Kit



## Emotional Self-Regulation Kit

Often individuals come to therapy because their emotions are out of “sorts”. They may be experiencing a range of symptoms that often include depression, anxiety, anger, irritability, guilt, shame, etc. Learning a variety of ways to emotionally self-regulate is key to any therapeutic experience.

“**Emotion dysregulation**” is the term used to describe an inability to regularly use healthy strategies to diffuse or moderate negative emotions. While all people occasionally use less than ideal emotion regulation strategies, individuals who regularly experience what feels like overwhelming, intense negative emotions are much more likely to rely on unhealthy strategies, such as drugs/alcohol, over-eating, self-injury, etc.

“**Emotion regulation**” is a term generally used to describe a person’s ability to effectively manage and respond to an emotional experience. People unconsciously use emotion regulation strategies to cope with difficult situations many times throughout each day. Most of us use a variety of emotion regulation strategies and have the ability to apply them to different situations in order to adapt to the demands of our environment. Some of these are healthy, some are not.

**Self-Regulating Skills** can encompass a variety of approaches. One widely accepted strategy for adults and children is engaging in sensory activities that help to regulate or “self-soothe”. Included in this kit are examples of sensory items/strategies/ideas to help promote emotional self-regulation. Your kit may be specifically designed for adult or for the child.

If you need further exploration and or therapeutic intervention, we are here to help.

[www.crossroads-helps.com](http://www.crossroads-helps.com)

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## Adult Emotional Self-Regulation Kit

### VISION

Photos of favorite people	Visit an art museum
Affirmation cards with images or quotes	Watch the flame on a candle or fireplace
Art supplies and paper	Decorate your home with soothing colors and inspiring art
Glitter jar	Blow bubbles
Scroll through pictures on your phone	Plant flowers or sit in a garden
Go on a walk through nature	

### SOUND

Classical musical	Sit outside and listen to nature/birds
White noise sound machine/app	Sit at a park, coffee shop, or other busy area and listen to
Listen to your favorite play list	the noise
Guided meditation/mindfulness app	Chimes/bells
Sounds of nature (ocean, rain, forest, etc.) app	Put a small water fountain in your room
Audio books	

### SMELL

Scented candles	Go for a walk after it rains
Scented hand lotion	Enjoy fresh cut grass
Perfume	Bake a cake/cookies or visit a bakery
Scented oils	Cook your favorite meal
Bath salts/bubbles	Room spray
Fresh flowers in your home or garden	

## TASTE

Wethers, Jolly Ranchers or your favorite hard candy	Tea
Gum	
Cook your favorite meal	
Chocolate	
Go to farmer's market for fresh produce	
Eat ice cream or your favorite dessert	

## TOUCH

Pet a dog or cat	Fidget toy
Silly Putty	Weighted blanket
Stress Ball	Take a bubble bath or hot shower
Bubble Wrap	Feather or soft brush to rub along your arm
Tactile Beads	Make a sensory bin with sand, kinetic sand or beans
Magnet Toys	Use a salt scrub
Massage	Worry Stone or Inspiration Stone
Microwaveable neck wrap	Cold wrap
Heating pad	Hand lotion
Moon sand or cloud dough	



## Child Emotional Self-Regulation Kit

### VISION

Photos of favorite people	Visit an art museum
Affirmation cards with images or quotes	Funny pictures or memes
Art supplies and paper	Decorate your room with soothing colors and inspiring art
Glitter jar	Blow bubbles
Color books	Lay on the ground and watch the clouds
Kaleidoscope	Create a positive/inspiring collage and hang in your room

### SMELL

Essential Oils	Buy some flowers or enjoy some in a garden
Scratch and Sniff Stickers	Take a walk after it rains
Room Spray	Bake a cake or cookies or sit in a bakery
Scented lotion	Enjoy fresh cut grass

### SOUND

Listen to music	Sit by a waterfall or stream
Listen to meditation apps (Calm, Breathe, etc.)	Put a small fountain in your room
Listen to white noise	Sit a park, coffee shop, or other busy area and listen to the
Bells, chimes or mini gong	noise
Scroll through pictures on your phone	Sit outside and listen to birds
Audio Books	

## TASTE

Chocolate	Eat/help cook a favorite meal
Lollipops or other hard candies	Go out to eat
Sour candy or mints	Have ice cream or other favorite dessert
Gum	Go to farmer's market for fresh produce
Tea or hot chocolate	Crunchy snack
Chew jewelry	Teethers
Wash cloth to suck/chew on	

## TOUCH

Pet a dog or cat	Fidget toy
Silly Putty	Weighted blanket
Stress Ball	Take a bubble bath or hot shower
Bubble Wrap	Feather or soft brush to rub along your arm
Tactile Beads	Make a sensory bin with sand, kinetic sand or beans
Magnet Toys	Use a salt scrub
Massage	Worry Stone or Inspiration Stone
Moon sand or cloud dough	

## Proprioceptive Activities

These are activities that stimulate the joints and muscles. You can try applying gentle pressure to your child's head and shoulders, rolling your child up in a blanket, or letting your child go for a walk

## Vestibular Activities

These are activities that exercise your child's balance. These activities can include swinging, jumping on a trampoline, and rocking back and forth.

## Deep Pressure Activities

These are activities that stimulate tactile and proprioception sense. Try giving your child a big bear hug, squeezing hands and feet, or having your child lie under a weighted blanket.

