

Comfort and Self-Care Coping Skills



Take a warm shower:

The change in temperature gives you a clean break from whatever came before.

Best for: stress, tension, sadness



Make a comforting drink:

Tea, warm milk, anything non-alcoholic. Give yourself a few quiet minutes with it.

Best for: stress, loneliness



Rest without guilt:

Exhaustion makes everything harder to regulate. A real break helps more than pushing through.

Best for: fatigue, overwhelm



Make your environment quieter:

Turn down the noise. Silence the notifications. Find a quieter corner.

Best for: overwhelm, irritability



Create a comfort corner:

Keep a blanket, a journal, headphones, whatever calms you, in one place you can reach easily.

Best for: recurring stress, overwhelm

Change into comfortable clothes:

Ditch anything restrictive. Put on something that helps you settle.

Best for: sensory overload, stress



Tidy your immediate space:

Clear your desk or the area around your bed. Not the whole room, just what's in front of you.

Best for: overwhelm, mental clutter



Get outside for fresh air:

A few minutes outside changes the light, the temperature, the whole feel of the moment.

Best for: stress, mental fatigue



Prepare something nourishing to eat:

If it's been hours since you last ate, a simple meal helps more than it seems like it should.

Best for: fatigue, irritability



Take a screen break

Put the phone away for a set stretch of time. Replace scrolling with something quieter.

Best for: overstimulation, anxiety, mental fatigue

