

Self-Soothing Activities for Taste



— **Try a temperature contrast** —
Slowly notice the gap between a cool drink and the sensation it leaves behind.

— **Savor one small piece of food** —
Take your time with a single bite. Notice its texture, its temperature, how the flavor shifts.



— **Make a familiar drink** —
Prepare something you already enjoy and give yourself a few quiet minutes with it, no scrolling.
(Low-cost)

— **Try a sour or minty flavor** —
A small piece of fruit, mint, or gum can give your attention something sharp to focus on.



— **Eat without another screen** —
Put your phone down for one snack. Pay attention to the first few bites.

(Free, no prep)

