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# *Self Soothe* Menu



PHILIPPIANS 4:7

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## Self Soothe Menu

A faith-based extension list for the moment you feel the pull to eat for comfort, control, numbness, reward, or escape.

Food is not the enemy, and cravings are not fake. This is simply a menu of other ways to care for your nervous system and your soul when life feels heavy. God is near, and you do not have to white knuckle the moment.

### How to choose what to do

You do not have to pick the perfect option. Just pick the next wise one.

A simple guide:

- If you feel dysregulated in your body, start with a Body Soothe.
- If you feel spiritually heavy or emotionally stuck, add a Spirit Soothe.
- If you feel alone or ashamed, choose Connection.
- If you feel overstimulated or numb, use the Five Senses.
- If you feel angry, sad, or flooded, choose Release.
- If you feel tempted to check out for hours, choose Comfort without Numbing with a timer.

*Always start with a quick reset*

### Quick reset first (30 seconds)

Why: This interrupts autopilot and reminds your body and brain you are safe.

- Put a hand on your chest
  - Inhale 4, exhale 6 (3 rounds)
  - Whisper: "Jesus, I know You are with me right now. Help me take the next right step."
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## **Choose 2: One body, One spirit**

*Why: Most urges are both physical and spiritual. Regulate your body and re-center your heart.*

### **Body soothe (regulate your nervous system)**

Choose this when:

- your body feels restless, jittery, tense, panicky, or keyed up
- you feel urgency like you have to fix something right now
- you feel stuck in fight, flight, or freeze
- your emotions feel bigger than your ability to cope

### **Options:**

- Step outside for 2 minutes of fresh air
  - Run warm water over your hands or face
  - Hold something cold (ice cube, cold drink) for 30 seconds
  - Stretch your neck, shoulders, jaw, and hands slowly
  - Lay on the floor with legs up the wall for 3 minutes
  - Take a slow walk to the end of the driveway and back
  - Do 20 wall pushups or 10 slow squats to discharge stress
  - Wrap up in a blanket and sit somewhere quiet
  - Put on socks or a comfy hoodie, signal safety to your body
  - Light a candle and watch the flame for 60 seconds
  - Drink water, then pause and notice how your body feels
  - Make herbal tea and focus on the warmth
  - Take a shower, even a quick one, and let it reset your senses
  - Put your phone on do not disturb for 10 minutes
  - Clean one tiny thing: a counter, a sink, a mirror
  - Brush your teeth or use mouthwash as a clean reset signal
  - Change locations, go to a different room immediately
  - Put on lotion slowly and focus on the sensation
  - Sit in your car for 3 minutes with quiet music
  - Open a window and take 10 slow breaths
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## **Spirit soothe (connect with God in the moment)**

Choose this when:

- you feel shame, condemnation, or spiritual heaviness
- your thoughts are spiraling and you need truth, not more noise
- you feel alone, unseen, or like God is distant
- you are tempted to numb instead of surrender

### **Options:**

- Read one verse out loud twice, slowly
- Pray one sentence: "Jesus, I surrender this moment and I know You will meet me in it."
- Write 3 lines: "I feel \_\_\_\_\_. I need \_\_\_\_\_. God says \_\_\_\_\_."
- Speak identity: "I am God's child. I am not ruled by this urge."
- Put on one worship song and do nothing else until it ends
- Sit with your Bible open and ask: "Lord, what are You inviting me into right now?"
- Text someone safe: "I'm having an urge. Can you pray for me right now?"
- Write a gratitude list of 5 things you can see right now
- Say the Lord's Prayer slowly, one line at a time
- Read a Psalm out loud
- Use a breath prayer: inhale "Jesus, You are my peace" exhale "I receive Your strength"
- Whisper: "I am not alone, and I am safe with God."
- Ask: "Is this hunger, or is this hurt?" then respond with compassion
- Do a 2 minute release: "Lord, I release what I cannot carry today."
- Write the lie the urge is offering, then write God's truth beside it

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## **Five senses self soothe menu (non-food)**

Why: When you feel numb, overstimulated, anxious, or scattered, your senses can gently anchor you back into the present.

### **How to use this**

You do not need to do something from every category. In an urge moment, simple is powerful.

### **Choose 1–3 total options based on what you need right now.**

Do one option for 60–120 seconds, then pause and notice what shifts.

### **Quick steps**

1. Name your state: anxious, numb, overstimulated, lonely, restless, sad
2. Pick the sense that matches your need most
3. Do one small action for 1–2 minutes
4. Re-rate the urge (0–10)
5. If needed, choose one more sense and repeat

### **How to choose based on your need**

- If you feel anxious, panicky, or spiraling: choose Touch or Sound, then add slow breathing
  - If you feel numb, disconnected, or checked out: choose Movement or Sight
  - If you feel overstimulated or mentally noisy: choose Sound (quiet) or Sight (one focus point)
  - If you feel restless and edgy: choose Movement plus Touch
  - If you feel sad, tender, or lonely: choose Touch plus Sound
  - If you feel stuck in your head: choose Sight plus Touch (something you can see and hold)
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## Sight (choose one)

- Watch the sky for 2 minutes and notice cloud movement
- Sit by a window and name 10 things you can see
- Pick one object and study it like you are seeing it for the first time (shape, color, texture)
- Light a candle and watch the flame for 60 seconds
- Turn on a lamp with soft light instead of overhead lighting
- Look at a photo that reminds you of God's faithfulness
- Create a "God has carried me" photo album on your phone
- Read a short passage of Scripture slowly, out loud if you can
- Read one Psalm and underline a phrase that feels steady
- Write one truth statement in big letters and tape it where you can see it
- Declutter one surface so your space feels calmer
- Make your bed or fluff your pillows as a visual reset
- Open your Bible and simply rest your eyes on the page for a minute
- Watch a short nature clip with no talking (water, trees, rain)
- Step outside and look for 5 things God created (tree, bird, breeze, sunlight)
- Look at artwork that calms you (soft landscapes, gentle patterns)
- Use a coloring page and focus on the motion, not perfection
- Trace your finger along a verse printed on paper and read it slowly
- Put on a timer and do "one minute of looking for beauty" in your space
- Stand in front of a mirror and soften your face, relax your jaw, and breathe

## Sound (choose one)

- Put on one worship song and do nothing else until it ends
- Instrumental worship while you breathe slowly
- Nature sounds (rain, ocean, creek, birds)
- A short devotional audio
- A sermon clip that feels comforting, not intense
- Silence for 60 seconds and repeat, "You are here, Lord."
- Breath prayer: inhale "Jesus, You are my peace," exhale "I receive Your strength."
- Read one verse out loud and listen to your own voice
- Hum softly, it can calm the nervous system
- Sing one chorus, even quietly, even imperfectly
- Turn off background noise (TV, scrolling) for 5 minutes
- Sit in your car in silence and let your mind settle
- White noise or a fan sound for steady calming
- Soft piano or acoustic playlists
- Listen to a guided prayer or Psalm reading
- Listen to a friend's voice message for connection
- Repeat a simple phrase 10 times: "I am safe. God is near."
- Clap slowly then stop and notice the quiet
- Read the Lord's Prayer slowly, one line at a time
- Speak gratitude out loud: "Thank You, Lord, for \_\_\_\_."

## **Touch (choose one)**

- Wrap up in a blanket or use a weighted blanket
- Hold an ice cube or a cold drink for 30 seconds
- Warm washcloth on your face
- Warm shower, even a quick one
- Hands on heart and stomach while you breathe and pray
- Put on lotion slowly and focus on sensation
- Hold a pillow and let your shoulders drop
- Wear cozy socks or a soft hoodie as a “safe” signal
- Sit with a heating pad on your shoulders or back
- Hold a warm mug and notice the heat
- Rub your hands together slowly, then rest them open
- Tap your shoulders gently (self-soothing tap) while breathing
- Trace the outline of your hand with your finger and notice each line
- Press your feet into the floor and notice groundedness
- Hug yourself for 10 seconds, then release
- Pet your cat or dog slowly and notice the rhythm
- Run warm water over your wrists
- Touch something textured (blanket, sweater, smooth stone)
- Keep a smooth stone or worry pebble in your pocket
- Use a soft eye mask and rest your face

## Smell (choose one)

- Essential oil on wrists (lavender, peppermint, eucalyptus)
- Light a candle and inhale slowly
- Fresh air at a window for 10 slow breaths
- Brew tea and smell it before you sip
- Lotion with a calming scent
- Smell fresh laundry or a clean towel
- Open a window and notice the outdoor scent shift
- Keep a small scent roller or balm with you
- Smell a bar of soap, it is simple and grounding
- Smell a bouquet, a plant, or fresh leaves outside
- Smell a spice jar (cinnamon, vanilla, mint) without eating it
- Use a scented sachet in a drawer and inhale slowly
- Stand in the shower and notice shampoo or body wash scent
- Smell coffee beans or a candle shop type scent if it comforts you
- Smell a clean pillowcase or blanket
- Use a diffuser for 10 minutes
- Walk outside and name what you smell (air, rain, grass)
- Smell hand sanitizer and let it cue “reset” and “new moment”
- Smell a chapstick you like
- Smell a pine, citrus, or lavender spray in the room

## **Movement (choose one)**

- Slow walk while praying one verse
- Gentle stretch and shoulder rolls
- Legs up the wall for 2–3 minutes
- Shake out your hands and arms for 30 seconds to release tension
- Dance to one worship song in your living room
- Step outside and pace slowly while breathing
- Wall pushups (10–20) to discharge stress
- Slow squats (5–10) focusing on steady breathing
- March in place for 60 seconds
- Walk to the mailbox and back
- Stretch your jaw and unclench your hands
- Roll your neck slowly and release your shoulders
- Stand and do a “full body scan,” relax one area at a time
- Take a short prayer walk and name things you are thankful for
- Do a 2 minute tidy while moving slowly and intentionally
- Try gentle yoga poses (child’s pose, forward fold)
- Step into sunlight for 60 seconds and breathe
- Sway side to side like a slow rhythm, calming and steady
- Put on a timer and do “2 minutes of movement only”
- Go up and down stairs one time, then stop and breathe

## Quick “match my need” guide

- Anxious or panicky: Touch + Sound, then breathe slowly
- Numb or disconnected: Movement + Sight
- Overstimulated: Sound (quiet) + Sight (one focus point)
- Restless and edgy: Movement + Touch
- Sad or lonely: Touch + Sound
- Stuck in your head: Sight + Touch

## Faith Anchor

When the urge hits, do this before you choose a tool:

- Put a hand on your chest
- Inhale 4, exhale 6 (3 rounds)
- Read one Scripture out loud, slowly, twice
- Pray this (out loud if you can):

Jesus, I know You are here with me right now. I know I do not have to obey this urge. I surrender the need underneath it to You. Fill me with Your peace and give me strength for the next right step. Amen.

*The LORD is my shepherd;  
I have all that I need.*

*He lets me rest in green meadows;  
he leads me beside peaceful streams.*

*He renews my strength.*

*He guides me along right paths,  
bringing honor to his name.*

*Psalm 23:1-3*