



ASIAN HEALTH SERVICES

HEALTH CARE FOR ALL. ADVOCACY FOR THE UNDERSERVED.



TIP Sheet

Self-Soothing Versus Self-Care

People often confuse the two words.

Self-soothing are activities that provide us distraction and/or comfort in difficult times.

Self-care are activities that help us find meaning and support our personal growth and sense of groundedness.

It is important to our overall wellness to have a balance of both.

Self-Love TIPS

1. Build hope and self-compassion throughout the day by keeping track of what you are grateful for and “small wins”.
2. Take care of your body by drinking lots of water, eating healthy, well-balanced meals, finding creative ways to exercise weekly, and getting enough sleep.
3. Stay informed with the news. Take breaks from electronics when needed.
4. Take deep breaths and remind yourself that what you are feeling is not going to last forever.
5. Develop a sense of security by creating a structured routine and focusing on what you can control.
6. Monitor your negative thoughts and identify more helpful ways of thinking.
7. Take time to do hobbies or activities that bring you joy (e.g. looking at nature or calming colors).
8. Take 10-15 minute breaks when needed to unwind, stretch, and/or meditate.
9. Strengthen your social connections by reaching out to those in need when you can and/or talk to healthy and safe people about your worries and feelings.
10. Know that it's okay to seek professional help and appropriate resources if needed.

Remember that Asian Health Services is here for you.

