

Calm, Comfort, Connection, Choice: 4 C's for soothing our Brains and Bodies

Calm

Soothes our minds and bodies so that all parts of ourselves are ready to be put into action (physical, emotional, social, intellectual, spiritual)

- | | |
|---|---|
| <ul style="list-style-type: none">• Reduce stimulation• Ensure safety and security needs are met• Drink water• Breathe comfortably and deeply• Activate the senses<ul style="list-style-type: none">○ Nice smells○ Gentle touch○ Soft fabrics○ Soothing music○ Comfortable lighting○ A warm drink (coco, tea, warm water)• Rhythmic movement and exercise<ul style="list-style-type: none">○ Walking, running○ Swimming, biking○ Working out, yoga, dancing | <ul style="list-style-type: none">• Body Awareness<ul style="list-style-type: none">○ Notice posture, position○ Shift position, posture○ Release tension○ Gentle massage, back rubs○ Stretches○ Relieve hunger or thirst• Repetitive movement<ul style="list-style-type: none">○ Rocking○ Sucking○ Swinging○ Walking○ Chewing gum○ Fiddling with things (squeezie ball, rubbing stone, etc.) |
|---|---|

Comfort

Builds trust, increases focus and communication

- | | |
|--|---|
| <ul style="list-style-type: none">• Comfort things<ul style="list-style-type: none">○ Favourite object, blanket, stuffie○ Cosy chair to sit and chat○ Music, bubble bath• Distraction<ul style="list-style-type: none">○ Do something different for a bit○ Tell/listen to a funny story○ Look at something cute, funny, beautiful, soothing○ Take a break○ Get outside ("nature therapy") | <ul style="list-style-type: none">• Share feelings and experiences• Have feelings heard and understood• Messages of support<ul style="list-style-type: none">○ "We will get through this"○ "It sure is hard."○ "I will help you."○ "I love you."○ "Things will get better."○ "I know you can do it." |
|--|---|

Connection

Builds motivation, sense of hope, cooperation, flexibility, openness, feelings of belonging

- | | |
|---|---|
| <ul style="list-style-type: none">• Share an activity<ul style="list-style-type: none">○ Playing, doing arts/crafts, games○ Watching a movie, listening to music○ Reading together○ Going for a walk• Statements of love and appreciation<ul style="list-style-type: none">○ Give as well as receive○ Noticing effort, appearance, change and growth○ Random acts of love and kindness○ Expressing joy in being together | <ul style="list-style-type: none">• Shared rituals<ul style="list-style-type: none">○ Holiday, special day rituals○ “Having a rough day” ritual of comfort○ Greeting and farewell rituals○ Morning and bedtime rituals• Bonding and affection<ul style="list-style-type: none">○ Soft eye contact, warm tone of voice○ Hugs, snuggles, smiles○ Winks, high-five, thumbs-upAffectionate nicknames, terms of endearment |
|---|---|

Choice

Builds self confidence, feelings of personal worth and competence, increases effort and feelings of control

- | | |
|--|---|
| <ul style="list-style-type: none">• Build a new skill• Focus on reasonable choice• Recognize the things you can control• Negotiate and compromise• Practice self control• Take reasonable risks | <ul style="list-style-type: none">• Practice flexibility• Take pride in small steps forward• Set reasonable goals• Value being noticed for effort• Contribute to solving the problem• Make and follow through with plans |
|--|---|