

Worksheet 5: Soothing Touch & Self-Compassion Breaks

Why It Matters:

ADHD women often respond **strongly to physical sensations**. Using **soothing touch** helps activate the body's natural calming system.

Try This Exercise:

1. Place your hand somewhere that feels comforting:

- ☐ Over your heart
- ☐ On your stomach
- ☐ Giving yourself a gentle squeeze

2. Take three slow, deep breaths.

- Inhale... (hold) ... Exhale...
- Inhale... (hold) ... Exhale...
- Inhale... (hold) ... Exhale...

3. Say one kind thing to yourself:

- *"I am doing the best I can."*
- *"It's okay to be kind to myself."*
- *"I deserve the same compassion I give to others."*

Daily Self-Compassion Challenge

- ☐ Try soothing touch **once a day** for a week.
- ☐ Write down how it feels:

Key Takeaway: Soothing touch sends a powerful message to your brain: "I am safe. I am worthy of kindness."

