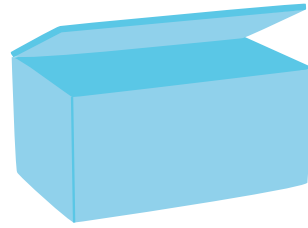


Self-Soothe Box

If you're feeling anxious or stressed, or if your mood needs a lift, a self-soothe box can be really helpful.

Make a box of things, which you can turn to.

These are just a few ideas for things you may like to put in your box, but adapt this to suit your needs and depending on what you may have available.



Bath

Touch

Something to touch can provide distraction for your hands. Playdough, plasticine, stress ball, elastic bands/hair bands, blue tack are all good ideas for things you could include. You could add special stones like rose quartz or a shell or pebble from a trip to a favourite place.

Smell

Smells can be calming and relaxing, as well as invoking memories. You may like a certain perfume or a lavender bag, or you may have another comforting, familiar smell you'd like to include.

Memories

Find something which reminds you of good times - it could be a photograph, a picture, a souvenir from a place you visited, or perhaps a card or message you received from someone.

Messages

Write some messages to yourself - remind yourself of your talents and skills, your positive traits or write messages of positivity to reassure you. Perhaps you have achievable goals or targets you can remind yourself of. You could also include messages you have received from family or friends which made you feel good. A diary so you can start a journal, a pen and paper to write a letter to someone, maybe a piece of poetry or a positive quote.

Activities

Maybe include an activity you enjoy. This could be knitting needles and wool, a small sewing project, a book to read, colouring or art materials, a card game, a jigsaw puzzle or a wordsearch / sudoku / crossword type puzzle.

Taste

You may have a favourite sweet treat; perhaps you could include one of these in your self-soothe box.

Sounds

If you have favourite music or sounds, you could make a note of these so you can remember what they are and then find them when you'd like to listen to them. Perhaps a favourite meditation you like to listen to, relaxing music or music which makes you feel good. White noise or a link to remind you of an app you particularly enjoy, a contact number for someone you enjoy speaking to.

