

How to: make your own self-soothe box!

This is a box you can make that contains all sorts of different things that will ground you and help make you feel more relaxed.



The box can be tailor-made to the individual, containing the things that will personally help when feeling anxious and/or low.

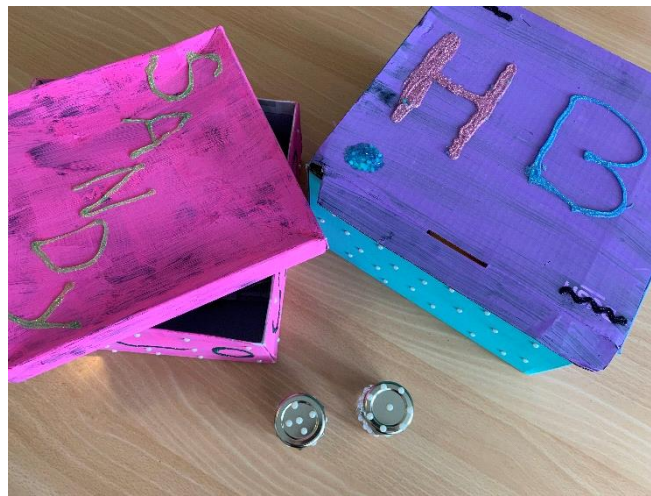
A good way to ground yourself is to focus on the five senses: sight, sound, smell, taste and touch. Therefore, it is a good idea to include things in the box that will engage these senses.

Below are some examples of what can go in a self soothe box:

- Essential oils
- Photos of friends and family and of your favourite places to visit
- CDs of favourite music and relaxing sounds
- Mints or other favourite tastes
- Things that feel nice to touch, this could be some beads, jewellery, felt or any homemade crafts
- Activities, such as colouring books, crosswords, sudokus etc.
- Positive affirmations
- A list of breathing techniques
- Numbers of people/organisations/charities to call when in crisis or need to chat with someone

The list is endless! You can always add to your box and take things out, depending on what works for you when you feel like you need some support to overcome any anxieties and stress. It is also a good idea to decorate the box with paint and colours that you like.

Self-soothe boxes made by staff and residents at Bath Mind's Residential Care Home:



Included in the boxes so far:

- 1) Positive affirmations
- 2) Sewing Kit
- 3) Elastic Bands
- 4) Coloured pens

