

How to make an Emergency Self-Soothing Kit

Take a box and decorate it any way you like. You can cover it with pretty paper, or paint it, use colours, images, words/phrases that help you feel safe and calm. A basket will work well too.

Collect items that are meaningful to you and that have helped you in the past. If you can't put the actual item in the box put a reminder of the item to jog your memory e.g. a picture of your iPod to remind you to do a meditation.

Include items that will help to soothe all your senses (*sight, sound, smell, taste, touch*).

Here are some ideas for you to try out:

Sight <ul style="list-style-type: none">• Photographs of people and places you love• Photographs of happy times• Pictures of animals or things that you love and bring you joy• Pictures of places you'd like to travel to in the future• Positive thoughts and affirmations. <i>You can print them out from the computer or hand write them onto paper or cards. Read them to yourself or say them out loud to help you through the distress.</i>• Notes-to-Self of tips and tricks that work for you• Print outs of therapeutic information or worksheets• A card with names and phone numbers of crisis support services e.g. Lifeline 13 11 14• A card with names and phone numbers of trusted friends or family members to call• A journal to write in• Colouring book• Pens, crayons, art supplies• A word search or puzzle book	Touch <ul style="list-style-type: none">• Stress Ball or Fidget Ball• Hot water bottle or wheat bag• A teddy bear or other soft toy to cuddle• Crystals, worry stone or inspiration stone• Bubble wrap• A ball to bounce on the ground or throw with another person• A soft blanket or a weighted blanket• A small square of fuzzy, furry or soft material• Clay, playdough or putty• Bubble blowing wands• Hand or foot lotion to give yourself a massage• Nail file and nail polish• Tactile beads• Rubber band to snap on wrist or stretch• Rubix cube• Ice pack – keep one in the fridge freezer and put a reminder of it in your Kit.
Sound <ul style="list-style-type: none">• Guided meditations – download an app to your phone such as Insight Timer• Soothing music – create a soothing playlist on your phone or computer• Nature sounds – download an app or create a playlist on YouTube• Your favourite CD's or DVD's• Put your headphones or ear buds in your box to remind you to listen• Bells, chimes, rattles, crystal bowls, drums, ukulele	Taste <ul style="list-style-type: none">• Tea bags – to make yourself a cup of tea• Hot chocolate sachets• Mints• Chocolate, lollipops or other sweet treat• A crunchy or salty snack• Throat lozenges• Herbal or Liquid Crystal remedies
Smell <ul style="list-style-type: none">• Essential oils e.g. lavender, marjoram, roman chamomile, valerian• Sage Smudge Spray to use as a room spray or spray above your head• Incense sticks• Scented lotions to rub on your body• A small jar with dried herbs or spices – e.g. lavender, cinnamon sticks, cloves, rosemary	

You may choose to make a "travel kit" that you can take out with you and carry in your purse or backpack.

Sometimes during your healing journey something that was particularly useful ceases to be so beneficial. Similarly, you may discover something new that you find helpful. It's okay to re-organise your Emergency Self-Soothing Kit by adding and removing items as you feel you'd like to.