

## Self-Soothing Kit

A self-soothing kit is a bag, box or list of items that bring comfort during times of physical and/or emotional distress. It is an easy way to show yourself kindness and self-care.

Make the kit easy to access, remembering you're likely to need it at the most difficult times. Devote a space for physical items, or keep a list of prompts in your journal or your phone.

Choose items personal to you. Centre the kit around the senses; sight, sound, taste, touch and smell. As well as physical items, you can include reminders; call a friend, cuddle a pet, have a hug, get some fresh air.

Here are some ideas -

- Aromatherapy oils
- Scented candles
- Perfume
- Hand cream
- Hot water bottle
- Craft activities
- A playlist of uplifting music
- A funny DVD
- Herbal tea bags
- Hot chocolate
- Favourite chocolate bar
- Mints
- Photos of loved ones and favourite places
- A book or magazine
- Inspiring quotes and affirmations
- Notebook, writing paper and pens
- Colouring book
- Soft blanket
- Meditation CD
- Yoga DVD
- Puzzles