

# BUILDING A SELF SOOTHE BOX

SELF SOOTHING IS HOW WE ARE ABLE TO SOOTHE AND CALM OURSELVES WHEN WE FEEL OVERWHELMED OR DISTRESSED. THIS INCLUDES USING LOTS OF HEALTHY COPING STRATEGIES, AND THESE USUALLY INVOLVE ALL OR MOST OF THE 5 SENSES. THINK OF IT AS NURTURING AND BEING KIND AND CARING TO YOURSELF WHEN YOU NEED IT MOST. WHAT COULD YOU INCLUDE IN YOUR SELF SOOTHE BOX? TRY AND INCLUDE AT LEAST 1 ITEM FOR EACH OF THE 5 SENSES. HERE ARE SOME IDEAS:

FOR SIGHT: HAPPY PHOTOS, EYE MASK, COLOURING BOOK, NOTEPAD & PEN, BOOK, AFFIRMATION CARDS

FOR SOUND: HEADPHONES, EARPLUGS, SPEAKER, CRACKLING CANDLE

FOR TASTE: YOUR FAVOURITE SNACK, SOMETHING SWEET, SOMETHING SALTY, SOUR SWEETS

FOR SMELL: ESSENTIAL OILS, PERFUME, SCENTED CANDLES

FOR TOUCH: BLANKET, FIDGET TOYS, ICE PACK, FLUFFY SOCKS, DRESSING GOWN, CRYSTALS, CUDDLY TOY

