

Make Your Own Self-Soothe Box

When we are feeling anxious, low or distressed we can get caught up in negative thoughts and how bad we are feeling. It can be helpful to have your very own self-soothe box, which you can fill with different things to distract you and help you feel better in those moments. The idea of this box is to include things that soothe all 5 of our senses, helping us to feel better in all sorts of ways and take us out of our negative head-space.

Learning to soothe yourself is an important skill to help you cope with life's challenges.



SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket



Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats



Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



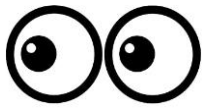
Taste

Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors



1. Get an empty box from around the house or you could buy one.
2. Decorate the box with anything you like - painted, decoupage, wrapping paper, positive words.
3. Fill the box with things that are meaningful to you and will help you to feel better.

Here are some ideas:



See

Photos of favourite people /places.

Snow globe / glitter jar.

Inspiring quotes / video clips.



Hear

Favourite Music. Relaxing sounds. Reminders of people you can talk to.



Touch

Bubble wrap, cuddly toy, piece of soft fabric, smooth pebbles, fiddle toys.

A blanket.

Bubbles to blow.



Smell

Perfume, scented candle or soap.



Taste

Chocolates / sweets.

Some things might not fit in your box e.g:

Tablet for listening to music or watching inspirational videos.

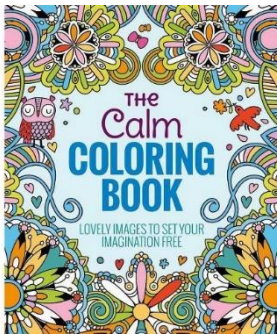
So draw a picture of these things and put them in your box.

Other good things to include to distract you from how you are feeling are:

Colouring books

Notebook and pen

Arts and crafts materials



Include reminders to go and do the things that make you feel better -

Such as a hot drink, go out in the garden or go for a walk.

