

## Self-Care box

A Self Care box is something that allows you to distract yourself from how you are feeling.

- A feeling that wants you to cry
- A strong emotion that wants you to hurt yourself or makes you feel uncomfortable.

A box can be anything, any size, any shape, it can be big, and it can be small.

What helps you to distract? This is an important question because what helps you to distract may not help another.

A Self Care box can include anything. Whatever helps you to distract and helps to move you away from negative or unhelpful thoughts / behaviours; make your box unique and personal to you.

Creating a treasure chest of happiness, pleasant memories and favourite things

## **Self-Care Box**

### **Contents suggestions**

Colouring book/colours

Bath bomb

Comfy Blanket

Bubbles – blowing bubbles is a great way to help one remember to take a deep breath and to BREATHE!!

Play doh (fun to play with, relaxing)

CDs containing favourite songs

Photos

A notebook and pen, writing can be incredibly therapeutic.

Positive affirmations. Write a list of things you are good at

Card and envelope – write down a letter to self, maybe funny story.  
Something to make you smile.

Snow globe