

Make your own **Self-Care Box**



When we're at our worst, it can feel hard to identify the things that can make us feel better.

A Self-Care Box allows you to keep a much needed pick-me-up in one place - perfect for days where working out what to do next feels too tough.

Grab a shoe box



And decorate it creatively with stickers, photographs or paint.

Use your senses



To calm and relax you with a comforting, familiar smell. This might be a candle or a jumper that smells like your favourite person or washing powder.

Drop in distractions



That keep your hands busy, shifts your focus and helps to use up nervous energy. Tangle toys, modelling clay or fidget spinners are perfect.



Add some T.L.C

With items to make you feel fresh and nourished, like a hand cream or lip balm.



Feeling puzzled?

As well as providing a welcome distraction, a puzzle, jigsaw or crossword will give you something you can achieve or solve. It's a useful way to build your confidence before looking inwards at the things that may be worrying you.

See it to believe it

Write out and drop in some positive affirmations: statements and beliefs that can ground you and help you speak to yourself kindly.



It's okay not to be okay

Having a cry allows us to be in touch with how we're feeling in that moment and accept it so we can move forwards. Give yourself permission to not be strong and let it out.



Include a mindful moment

by dropping in some sachets of your favourite hot drink.

Try this 'Hot Chocolate Breath' technique!

1. Hold your mug with both hands and close your eyes
2. Breathe in slowly through your nose to smell the chocolate for four seconds
3. Breathe out slowly through your mouth for four seconds, cooling it enough to sip
4. Repeat three times

You can repeat these steps every time you need to feel calm... even when you don't have a hot drink handy!