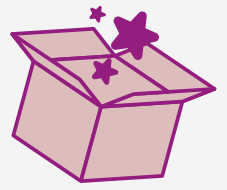


SELF SOOTHE BOX RESOURCE

BY KAYLEIGH WAIN (OT DEGREE APPRENTICE)



STEP BY STEP

1

Identify the **purpose** of the box/bag?

2

Brainstorming activity- what to put into the box/bag?

3

Find a box/bag and decide **where** to store this.

4

Fill the box/bag (Decorating the box is optional).

5

Practice using the box & review how it is working.



NOTTINGHAMSHIRE
ALLIANCE TRAINING HUB



WHAT IS A SELF SOOTHE BOX & WHAT ARE THE BENEFITS?



WHAT IS IT?

A personalised box/ bag that contains meaningful items that can help ground, relax and increase pleasure.



WHEN TO USE?

To be used when feeling low in mood, anxious or in distress. They can be used to help distract or promote meaningful activity at home.



WHERE TO USE?

Can be used in the home, or a mini travel kit can be made for travelling.



HOW TO USE?

Use the items in the box/bag one by one. You can promote mindfulness when using each activity.



WHY TO USE?

It can promote healthy coping strategies, provide distraction, increase feelings of relaxation, calm & enjoyment.



DO I NEED TO BUY ITEMS?

No, unless you really want to. Most items that are meaningful can be found in your house already.

Example of items to put into a self soothe box..



Smell

Perfume/ Aftershave
Hand Cream/Body Lotion
Incense sticks
Candles
Essential Oils
Aromatherapy oils
Room Sprays

Taste

Herbal Drinks
Teabags
Hot Chocolate
Favourite sweets/Chocolate
Mints/Chewing gum
Favourite savoury snacks

Touch

Fluffy socks
Soft items
Blankets
Fidget items
Slime
Hot/Cold items
Weighted blankets
Stones

Sight

Dvds
Kaleidoscope
Books
Sleeping masks
photo albums
Nature/ Animal photos
Snow Globes
Video Games
letters/cards from loved ones
LED Projector lights
Colouring



Example of items to put into a self soothe box..



Hear

- Headphones**
- ASMR Videos**
- Guided Meditation**
- Favourite CD's**
- Youtube videos**
- Podcast**
- Audiobooks**
- Nature Sounds**

Movement

- Yoga Mat**
- Skipping ropes**
- Small workout weights**
- Resistance bands**
- Music to dance/move to**

To calm breathing

- Guided breath work recordings**
- Breathwork prompt sheets**
- Bubbles**
- Balloons**
- Paper bag**
- Straws**

Extras

- Crisis Numbers/Plans**
- Art/ Craft projects**
- Self Care Items**
- Journalling**
- Puzzles**
- Activity Books/Crosswords**
- Nostalgic Items**
- Gardening items**

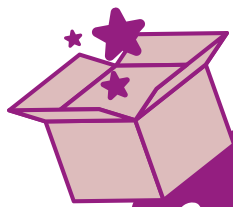




- **When you experience low mood or anxiety how does it make you feel & can you identify what triggers these feelings?**

- **When will you use your self soothe box/bag/techniques?**

- **Where will you store your self soothe box?**



WHAT TO PUT IN MY SELF SOOTHE BOX?

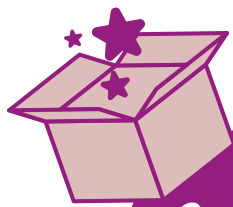


- **Something i like the smell of...**

- **Something I like the taste of...**

- **Something I like to look at...**

- **Something I like to listen to...**



WHAT TO PUT IN MY SELF SOOTHE BOX?



- **Something i like to feel/touch....**

- **Something that gets me up and moving....**

- **Is there any other activities/ items that help you relax?**

FIVE SENSES

What soothes my senses?



TASTE

TOUCH

SMELL

HEAR

SIGHT