

## The Healthy Self-Soothing Kit

Find a container like a cosmetic or athletic bag. Put into this container anything that might help soothe you when your emotions are running high. You can add pics or mementos that help you feel safe and happy. Find things that appeal to as many senses as you can – touch, sound, smell, taste, sight. Using the senses can really help to “ground” you into the here and now and keep you from being pulled away from the present moment.

Open this kit when you are feeling frustrated, angry, scared, overly stimulated. Allow yourself to experience the sensations you have added to your kit. As you use the kit, remember to breathe. Attend to how your thoughts, emotions, and behaviors change once you have begun to take care of yourself in this way.

Think outside the box. Practice creativity.

