

Creating Your Own Emotional First Aid Kit

Gathering items together that stimulate your different sense can be grounding when you experiencing emotional distress. What sensual stimulations do you find healing when you are feeling unwell?

Sight:	
Sound:	
Smell:	
Touch:	
Taste:	

Emotional First Aid Kit

An emotional first aid kit works on a similar principle to a traditional first aid kit. You keep a collection of items needed to tend to a minor injury or illness in one central place, often a box or a bag.



Ingredients

- 1 medium - large Box/container

Suggested items to include:

- Writing paper, art materials, pens and pencils.
- Inspirational postcards, photographs, notes or pictures by loved ones, magazine clippings, pictures that you find cute or uplifting to look at.

- Music - mp3 players are handy and you can wear them with headphones if you are having troubling thoughts or experiencing any auditory hallucinations.
- Sweet treats, drinks, herbal tea bags (ones containing valerian or camomile are good for anxiety or helping with sleep).
- Aromatherapy oils, scented candles and lavender bags can all be soothing and improve a living space. If you are worried about you concentration, maybe look at getting LED candles which run off batteries. They can provide a similar light to candles but without the fire risk.
- Special toiletries that will help to motivate you to keeping on top of your personal care routines.
- Hat, sunglasses and comfy socks - wearing a hat or sunglasses can help if you are struggling with leaving the house and seeing people.
- Mints for keeping your breath fresh, especially useful for times when you have unexpected guests or appointments with professionals. Peppermint is also good for soothing the stomach and stimulating appetite.
- Puzzles, books, jigsaw puzzles can all help to occupy the mind and fill time without being overly stressful. Puzzles also help develop problem solving skills, which can help when dealing with stress or mental illness.
- Soft toy can provide comfort and reminders of happy times or loved ones.
- Wellbeing Plan
- Helpful contacts list written or printed out

Method

- Collect together the items from the list above or any other items that you think you may find helpful in a crisis or when you are feeling unwell.
- Store items in your chosen box and put in a safe, visible space that can be accessed when needed.
- Check box yearly to check items are in date.