



# YOUR MIND MATTERS

## SOOTHING BOX GUIDE

When we are worried, it can be helpful to have something specific filled with items that can help to distract us and feel calm.

A helpful activity is to create a soothing box (or self-soothe box). For this activity, you will need a cardboard box. You could also use a drawstring bag or a large biscuit tin. The soothing box is based on the five senses grounding technique.

### If you can, try to add:

- Something you can SEE (a photograph, a drawing etc.)
- Something you can HEAR (tissue paper, sensory/fidget toy, a note with a song/sound to listen to)
- Something you can SMELL (scented lotion, a smell that reminds you of something/someone, essential oils such as lavender)
- Something you can TASTE (a sweet, crisps, sachet of hot chocolate or herbal tea) \*avoid anything that may go out of date quickly.
- Something you can TOUCH (a squishy toy, stress ball, a small stuffed toy)





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You can also decorate your soothing box with your favourite colours, stickers and drawings.

Once completed, keep your soothing box somewhere you will remember and any time you feel worried or sad, you can take it out and use the items you collected to help you manage those difficult feelings.





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