

Mental Health First Aid Box Guide

When you're struggling with how you're feeling, it can be hard to know what to do, things can be overwhelming sometimes, but making a first aid box (also known as a self-soothe box) can help you to cope when things are tough.

Try creating your own box by following these simple steps:

1

Find an empty box

2

Add things to the box that help you relax, made you feel good in the past, distracted you and support contacts

3

Open your box and use the items you've selected when you're struggling with how you're feeling to help you feel better

Ideas to get you thinking:

- Something to stimulate your five senses
- Fidget toys
- Photographs to spark happy memories
- Essential oils
- Mints
- Stress ball
- Teddy
- Gratitude jar or journal
- Coping strategies like breathing and grounding techniques

