

You will need

- A box, container or bag (e.g. a shoebox)
- Scissors
- Glue for the label
- Pens/pencils

Optional

- Stickers, glitter, photos or wrapping paper to decorate your box

We all struggle with how we're feeling sometimes and it's normal to have ups and downs. This year might have felt a little more down than up.

There are so many little things we can do to look after ourselves and support each other's mental health. Creating a self-soothe box is a little thing you can do to make a BIG difference to your mental health.

What is a self-soothe box?

A self-soothe box is a box that you can make that contains things that calm you down, help you focus on what you're doing in that moment, and reduce feelings of worry or sadness. If you find yourself feeling anxious, stressed out, or down, you can turn to your self-soothe box to help manage your feelings and feel more relaxed.

Three simple steps to start

1. Find a box, container, bag, or whatever you have. Shoeboxes can be handy for this.
2. Customise the label we've provided and stick it on your box, or write the title on your box however you like.
3. Decorate the outside of your box. Stickers, drawings, glitter, photos – go wild!

What should be in my self-soothe box?

We recommend you have a variety of things in your box to focus your mind on. You could include something to touch, something to look at and maybe even something to taste.

To help you get started, here are some ideas to inspire you!

Touch

Something to touch is a good distraction for your hands. Playdough, fidget cubes or spinners are great for this. They're fun to play with, and it can encourage your muscles to relax, which helps to reduce feelings of worry.

Memories

Keep a few photos of people or places that make you smile and feel positive. These can remind you of all the different parts of your life, not just the feeling you are finding difficult at that time. If you don't have photos, then you could find an item which has positive memories attached to it such as a teddy, a book or a postcard.

Music

Do you have a favourite song? You could create a calming playlist with relaxing music to help you slow down and steady your breathing. Keep some earphones in your box, to make sure you can access your favourite music easily.

Water

Drinking water is such an important way to reduce feelings of worry and panic. Keep a cup or water bottle in your self-soothe box. This acts as a gentle reminder to keep drinking. Take a sip, feel the coolness of the water and listen to your breath. By taking regular sips you can keep a steady rhythm to your breathing.

Colour

Drawing and colouring are such simple tasks and having something that you've made can make you feel proud. Keep pencils or felt-tips in your self-soothe box, along with some paper or some colouring templates, and spend some time expressing how you're feeling.

Find out what our Activists have in their self-soothe boxes [here](#).

Label for your self-soothe box

Create your label by choosing your favourite one below, or use the blank one if you want to come up with a unique name for your box. Customise it, cut it out and stick it on your box.

