

SELF - SOOTHE BOX



Why create a self-soothe box?

A self-soothe box is a box you can make that contains things that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety, emotional distress or low mood.

If you find yourself struggling with anxiety or panic, a self-soothe box is a great way to manage those feelings and help you feel calmer and more relaxed.

TOUCH

Teddy
Fidget toys
Play-dough
Blanket
Hot drink



TASTE

Drink
Mint
Crunchy food

HEAR

Music
Meditation sounds
Film



SMELL

Candle
Perfume
Lavender

SEE

Bubbles
Colouring books
Pictures
Positive quotes

