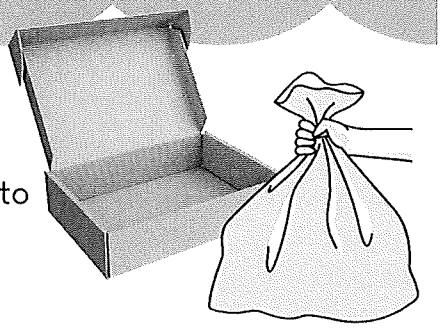
Mental Health Support Team Portsmouth

HOW TO MAKE YOUR OWN CALM KIT

NHS Solent NHS Trust

WHAT IS A CALM KIT?



A calm kit is a box full of things to help you feel good. When you are feeling upset, anxious or having tricky thoughts, you can use the box to calm down, feel better and get yourself back in the green zone. Remember, it is personal to you so everyone's box will be different because everyone responds differently to different things.

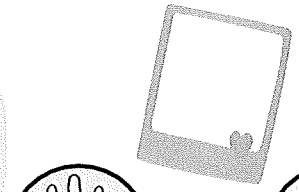
WHAT SHOULD IT LOOK LIKE?

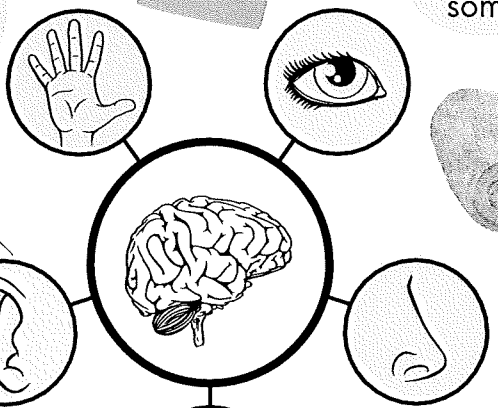
It can look however you want it to - it is personal to you.
You could use a cardboard box, a bag or anything else to store these things in one place.
You could decorate it to make it personal to you.
You could also create a mini calm kit to carry around with you.

WHAT SHOULD I PUT IN IT?

Any items which can help you to feel calm or self-soothe.
It can be useful to think of all your senses:

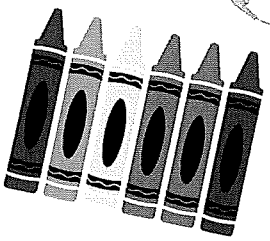
Stress ball, nail file, soft clothing, hand lotion, beads, pop-it, fiddle toys, play doh/slime, weighted blanket, massage tool



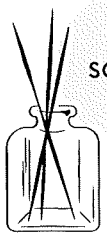


Photos of loved ones, images of places you'd like to be/go, something you like the look of

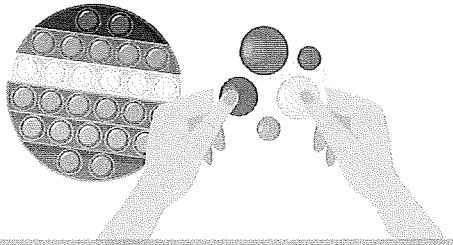




Calming noises saved on a playlist (can put a picture in the box as a prompt), a CD, musical instrument



Scented candle, oils, bath salts/bomb, lotion, food, perfume, scratch and sniff stickers



Chocolate, sweets, mints, hot chocolate sachet, popping candy

