



## EMOTIONAL FIRST AID KIT

The aim of creating this kit and keeping it near to you is to have ways to **soothe** yourself when you feel particularly **low** or **vulnerable** or you are **worried** about where your thoughts and feelings are taking you.

This is **not** a way to **suppress** or **ignore** your **feelings**, **your feelings are valid**. It is more a way of taking good care when you feel overwhelmed or frightened of your feelings and thoughts.

**Your kit will be personal to you. This is your emotional first aid kit.**

Take some time to think about things that **soothe** you and if it helps, focus on your senses.

### What things feel good:

**Touch** (stress ball, soft blanket, favourite scarf ...)

**Smell** (scent bottle, oil, bubble bath ...)

**Sound** (soothing music, upbeat music, rock, a bell, go outside and listen to the birds ...)

**Taste** (favourite food or sweets ...)

**Sight** – what feels soothing to look at? (a photo, a view, picture, illustrations in a book ...)

### Some other things to consider:

**Breathe deeply** in and out for a few minutes. Maybe put a reminder to do this in your kit.

**Get grounded** – feel both of your feet on the floor, legs on the chair, hands on your legs.

Give this awareness a few minutes, longer if it feels good.

What **movement** might help? (stretching, dancing, a walk, housework...) or it may feel good to stay still and go back to one of your sense experiences, like listening to your favourite music.

**Something precious**, a letter or a card or an object that means a lot to you and reminds you of something good or soothes you. Maybe write out something lovely that has been said to you or a quote you've read that speaks to you, keep these words on a card in your kit.

**Connection** – who has said '*call me anytime*'? Make a note of their number and add to your kit, but also feel free to shut the world out for a while if that feels right for you.

Make a list of **emergency contact numbers** and keep these in your kit.

Crisis team - 01298 814784 8am – 10pm. Out of hours - 01246 277271

Samaritans 0330 094 5717. Your GP surgery ....

NHS - 111