



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

Cruse Bereavement Freephone: 0808 808 1677 – Mon and Fri 9.30-5pm/Tues, Weds and Thurs 9.30am-8pm. Open everyday throughout Christmas and New Year.

Samaritans 0330 094 5717. Open 24 hours every day.

The Silver Line: 0800 4 70 80 90. Open 24 hours every day.

Your GP surgery or NHS - 111