Keeping yourself calm - make a 'Self-Soothe Box'

One of the things Young Minds suggest as a helpful tool for difficult times is a **'Self-Soothe Box,'** which can help if you are struggling with feelings of anxiety or low mood.

What is a self-soothe box?

It can be anything you like. You make it yourself…. a box (such as an old shoe box) where you can keep things that make you feel better when you are feeling down.

What do you put in the box?

You can write down things that have helped you with different emotions in the past – such as poems and stories - and then use them to remind you how to deal with emotions as they arise. Also, lists of things that make you happy – favourite songs and films, recipes, letters or cards from friends or relatives. If you are feeling stressed, you can pick out any piece of paper and it will give you ideas of what you can do, like watch some comedy, go outside for a walk, listen to some music.

Or maybe squishy things you can squeeze – like stress toys – and colouring pencils and colouring books, sweets, hand creams … it's important to think about the senses when you make a self-soothe box: something you can taste, touch, smell. They ground you and keep you calm.

When is a good time to make a self-soothe box?

It's good to work on it when you're feeling really good. You put things in there that can help you on the days that aren't so good. It's like a gift to yourself – a gift you're giving to yourself on a good day to help you when you're on a bad day. It brings the things that make you happy a bit closer to your fingertips.

More information:

Parents can read more about Young Minds here.