



Make your own self-soothe box

A self-soothe box is a small box of things that help you feel a bit calmer when a day gets too much. You make it yourself, from things you mostly already have. Any box works: a shoebox, a biscuit tin or a bag. Keep it somewhere easy to reach.

★ Something to look at

- ☐ A photo of a person, pet or place you love
- ☐ A postcard or a picture you like
- ☐ A note to yourself, written on a good day
- ☐ _____
- ☐ _____

♥ Something to touch

- ☐ A soft scarf, sock or square of fabric
- ☐ A smooth stone or a shell
- ☐ Something to squeeze, like a stress ball
- ☐ _____
- ☐ _____

📱 Something to listen to

- ☐ A playlist you saved for hard days
- ☐ A voice note from someone kind
- ☐ A list of sounds that settle you
- ☐ _____

🌿 Something to smell

- ☐ A tea bag, coffee or a spice you like
- ☐ Hand cream or soap with a scent you love
- ☐ A sprig of lavender or a dried flower
- ☐ _____

🍵 Something to taste

- ☐ A favourite tea or hot chocolate sachet
- ☐ A mint or a boiled sweet
- ☐ A small bar of chocolate
- ☐ _____





What goes in my box

Write down what you will put in, and what you still want to find. Change it whenever you like.

✓ In my box



Still to find



A note for the lid: something kind to read when you open it

People I can message

Places that help me feel calm

This is a self-help idea, not therapy or medical advice. If you are struggling right now: Samaritans 116 123 (free, 24/7), text SHOUT to 85258 (Shout, a free text support service, 24/7), or call NHS 111.