

Wellbeing kit

We all have a first aid kit in our homes. It gives us the peace of mind that, if we injure ourselves, we will have the tools that we need to look after our physical wellbeing. Our emotional wellbeing should be no different - so we want to give you some ideas to help you put together your wellbeing kit, or your mental health first aid kit. That way, next time you face a stressful situation, you will have the tools that you need to look after your mental and emotional wellbeing.

These are just suggestions. You can choose the ones that help you, and add in any extra items that you would like.

Five senses:

- scented candle
- favourite blanket
- favourite photos
- bar of chocolate
- something to play music on (or make a playlist)
- favourite soft toy
- slime

Distractions:

- favourite book
- puzzle book
- pack of cards
- handheld console
- craft supplies

Mindful activities:

- colouring book
- mindful eating instructions and breathing instructions (see other resources)
- mindfulness app or podcast on your phone

Self-care:

- bubble bath
- face mask
- nail varnish
- make-up
- moisturiser
- journal
- favourite film
- exercise equipment
- magazine