

Tempus

Looking after yourself and being kind to yourself

This is a different and difficult time for many of us.

We can no longer do the things we used to do when we are feeling fed up.. such as meet up with friends.

Taking care of yourself is very important.

'Young minds' charity suggest making a 'Self soothe' box.

A Self soothe box: What is it?

It can be anything you like.

You make it yourself.

It could be a shoebox-sized box or any other type of box.

If you haven't got a box you can use anything that you can put things in A bag, container.....



A Self soothe box: What do I put in it?

It should contain things that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety or low mood.

Try and have a range of sensory things and something to focus your mind on. You could include something to smell, something to touch, something to look at and maybe even something to taste.



Touch

Include something that you can touch; this serves as a good distraction for your hands.

Playdough, fidget cubes or spinners, and stress balls are great for this; they're satisfying to touch, and easy to put force into and relieve some stress. It can encourage your muscles to relax, which is what many methods to reduce anxiety involve. Blu tack is good too. If you haven't got anything suggested above, use paper and scrunch it up.

Activities

An illustration of five hands of different colors (teal, blue, pink, orange, and purple) reaching towards the center, each holding a heart. The background is light blue with yellow confetti and small hearts.

Things you like to do / read...

Your favourite book, quote, poem

Colouring pencils, colouring books, drawing paper, pen, notepad,

Write a list of different things which help you when you are feeling bored...watch your favourite film, listen to your favourite songs, you could create your own 'Self soothe' playlist, word searches, games on your phone

Positive affirmations and quote cards

If you haven't got any, make your own.

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Smell

Think about smells which comfort and relax you.

You could spray an item in your box with your favourite scent.

Essential oils are good - peppermint, rose or lavender are calming.

A scented candle. NOT to light but to smell. If you can't have candles in your home, room sprays or essential oils work in a similar way. If you try to keep the scent fairly simple and consistent, you can end up associating this scent with relaxing, which increases its effectiveness.

Scented hand cream.

Remember it is any smell which comforts you.

Calming technique cards

You could have some card with some steady breathing techniques written on it. It acts as a reminder to keep calm and focused.

There are a variety of techniques available; once you find one that works particularly well for you, write it down on a card to remind you.

You could write down relaxation exercises which help you.

The NHS website has a few breathing exercises for stress which can be used for anxious thinking and panic also.

Memories

Maybe have a few photos of people or places that have only positive memories attached to them. This acts as a reminder that your life is made up of different elements.

It also reminds you that there are people who care for you and will help you.

If you don't have pictures, you could keep an item that encourages a similar memory.... Any reminders that people care about you, about good times that you have had, something you have done that you are proud of.....you can always just write these down on paper and place them in your box.

Touch

Activities to do

Positive affirmations and quote cards



Chocolate!

Calming technique cards

Smell

Memories

In a world where
You can be
anything, be
kind.



Remember to be kind to yourself as
well as being kind to others.