



## Mental health Wellbeing Kit

An incredibly useful exercise for all of us is to create a mental health wellbeing kit (or mental health first aid)

The idea of this exercise is to create a kit, a box, a resource, for you to come to if you need, that will be full of soothing, wellbeing resources just for you. You can then come to this kit, whenever you need, when you need to feel calmed, soothed, comforted, re-energised, supported. As you can imagine, you could also help someone you are supporting develop this as well.

### Mental Health Wellbeing Kit

Choose a container for your mental health wellbeing kit. It could be a lovely box, bag, drawer, large envelope....anything you like. You could make it or buy it. Ideally choose something that you like to see, look at, that you can associate with feeling good.

Begin to create your kit. This may take you some time. Don't worry if you don't create this all in one go. Here are some ideas of what to add but be as creative as you like:

- Favourite /comforting photos of people or places
- Favourite scents (you can buy roller ball scents from most supermarkets or pharmacies that you can use on your wrist and breath in the calming scents.
- A blanket, teddy, comforter, or a post it to remind you to fetch your favourite jumper, pyjamas etc.
- A heat wrap or hot water bottle to warm up and soothe yourself
- Favourite quote/quotes written down to inspire, encourage you
- A play list of music to listen to when you feel you need support, uplifting, to be encouraged.
- A list of your team, your people. This is a wonderful exercise I have borrowed from the brilliant Suzy Reading . Draw out on a piece of paper, all the people – friends, family, professional supports you have in your life. At times of difficult come back to this to remind yourself of this great team and to consider who you could /might like to reach out to
- A reminder of your favourite tv shows, books, anything that makes you smile, laugh, feel uplifted
- A reminder of breathing exercises, yoga stretches that you could try
- A reminder of what could help your right now, your top 3 things (e.g. go for a walk? Phone a friend? Play some music? Cook? Take a bath and rest? )
- Anything else you would add, to keep in your wellbeing kit....