

What is it?

An emotional toolbox/coping skill toolbox is place for you to keep things that calm you down during periods of distress. If you have everything gathered in one place, it is easier to remember to use your coping skills, rather using reactionary behaviors.

1. Self Soothing-(Comfort yourself using your senses)

TOUCH-stuffed animal, stress ball
HEAR-music, mediation guides, sound of nature
SEE-happy pictures, art
TASTE-tea, fruit, mints
SMELL-humidifier, perfumes, essential oils

2. Distraction: (Take a pause for 1-30 minutes)

Puzzles, books, crafts, sewing, knitting, positive websites, movies, music, etc

3. Opposite Action-(If you're sad, try doing something to laugh)

Affirmation and inspiration looking at or drawing motivation statements, images
-something funny or cheering-funny movie/tv/books
change emotional state

4. Emotional Awareness-(Tools to help you identify how you may be feeling)

-List chart, journal, writing supplies/drawing/Art supplies

5. Mindfulness-(tools for finding balance/grounding yourself in the PRESENT moment)

-Mediation or relaxation, soothing recordings, grounding objects (tree, rock paper weights), yoga mat, breathing exercises

6. Crisis Plan-(Contact list when coping skills are not enough)

Name your safe people

-FAMILY/FRIENDS
-THERAPIST
-PSYCHIATRIST
-LOCAL HOTLINES
-CRISITS TEAM/ER
-911

7. Put it Together- Once you have all your items, put them in a box, mason jar or container, personalise it and put it in a visual space to remind you to use it when you need it.