**Self-Soothing Tool Kit**

A Self-Soothing Tool Kit’s purpose is to provide a source of relief, support, and distraction during an emotional crisis. It can be a box of stuff, an envelope that can be kept in a purse or wallet, or files on a computer. The key is to keep it simple so it is user friendly for you in a time of need=when a crisis/stressful situation is building. A tool kit is helpful for healthy coping skills to help self-regulate and de-escalate.

**The key to a useful Self-Soothe kit is**;

* Personalize it- The kit needs to reflect your personality, interests, and items that ground you, give you purpose and meaning.
* Accessible- Your skills and tools need to be available to you in a moment’s notice-keep your tool kit readily available and supplied.
* Practice during periods of calm- For skills and tools to be most useful, during an emotional crisis, they need to be familiar to you. Practice using the skills during periods of calm/peacefulness to ensure these are the skills that promote peace, wellness, and distraction. A crisis moment is not the most effective time to find out you dislike engaging in the skill/tool.
* Refresh your kit often- Keep your kit current to what is working for you. Update your kit=add new items along with removing items that have been proven ineffective after multiple attempts to use in soothing.

**Soothers**

* Dark chocolate/hot chocolate
* Bubble bath
* Johnson's Melt Away Stress Lavender & Chamomile Lotion
* Sleep mask
* Loofah sponge & lavender soap
* Play dough/silly putty
* Pipe cleaners
* Soothing tea
* Stress ball
* Face mask
* Scented candle
* Feathers, fabric, ribbon, foam board – textures that you like

**Distractors**

* Laffy taffy/fire ball candy/sour candy/Listerine strips
* Pedometer
* Puzzle or puzzle toy
* Pen and journal
* Nail file
* Dynaband (rubber plastic band for stretching against resistance)
* Mandalas and colored pencils/colors and coloring book
* Word Search book
* Bubbles
* Ice pack