

# How To Create a **Coping Kit**



When it comes to physical health, nobody thinks twice about having a first aid kit. Why can't we do the same with our mental health? A Coping Kit can help with your emotional emergencies!

When people become overwhelmed by difficult emotions or thoughts it can feel unmanageable. Sometimes even when we know what we need to do in the moment to calm ourselves, we are so distressed that we can't think straight! Planning ahead and having a "coping kit" can assist you in tolerating these moments. A coping kit can be a container, a bag, or whatever it is that you prefer, that is filled with items that can help you cope in the moment.

Use your 5 senses. Put things in your coping kit that are comforting and allow you to self-soothe. Here are some ideas:



## Sight:

- Pictures of family, friends, pets
- Pictures of your favorite vacation spot
- A motivational quote
- A favorite book or magazine



## Smell:

- Favorite perfume, lotion, candle to smell
- Essential oils



## Hear:

- Playlist of your favorite songs
- A guided meditation



## Taste:

- Gum
- Candy
- Coffee
- Your favorite tea or drink



## Touch:

- Bubble wrap/Pop-its
- Fidget
- Play-dough
- Stress ball



## Activities:

- A journal and pen/pencil
- Coloring book/crayons
- Sudoku

Remember this is for **YOU** therefore **YOU** will be able to decide what to put in it and what works for you!