

Distraction Boxes

A Distraction box, can be any box, or bag, that you can decorate as you want. The idea behind it is that you fill it with things that can distract you in a crisis. The key thing is that this box will be personal to you, it will be filled of things to help you feel better.

You could use an old shoe box, or any box you like, it doesn't even have to be a box, it could be a bag. You can decorate it as you like, many people wrap theirs in wrapping paper and decorate it with stickers. The more personalised the better! Take time and have fun in decorating your box.

Sight

Pictures of loved ones or pets, or even your favourite place, Notes from people you care about.

Sound

A USB with some mood-boosting music, or a soothing track that helps you remember happier times.

Smell

Scented candles, Essential oils, Perfumes, Scented pillows, Room spray.

Touch

Hand cream, face masks, slime or putty, worry stone.

Taste

Sour sweets, Chocolates, Hot chocolate. Flavoured teas and Popping candy.

Other Things to Include

- Bath bombs
- Colouring books
- Puzzles
- Fidget toys
- Elastic bands
- First aid kit
- Positive affirmations and Quotes
- DVD of your favourite film/TV show
- Soft toy
- A letter to yourself, written when you were feeling happier
- Safety plan