

This is a first aid kit of things to help you feel grounded and look after yourself, which is available to you at any time. A visualisation of things that you can visit in your mind or actually do to help support you.

Firstly think of a container – think about its size, shape, colour and texture.

When you are considering what you are going to put into your kit you might think in terms of:

Things you can do instantly without preparation:

Look out of the window and notice the trees/flowers/birds/sky.

Deep breathing

Visualise a favourite view

Passive activities that don't require physical effort:

Have a bubble bath

Phone a friend

Listen to music

Meditate

Read a book

Activities that require movement:

Go for a walk in a favourite place

Yoga

Gardening/picking flowers to bring indoors

Dancing

Visit friends/cinema/theatre

Things you can do with others

Have a meal with family or friends

Arrange a trip to the cinema or theatre with people you like to be with

A shared hobby or sport

Things to be planned for:

A holiday

A trip to family or friends who you don't see as often as you would like because of distance

Things I can do instantly with no preparation

Passive activities that don't require physical effort

Activities that require movement

Things I can do with others

Things to plan for