Coping & Soothing Kits



CHOOSE A STURDY BAG FOR YOUR KIT

Coping kits can help you to adopt new, healthy coping skills:

Coping and Soothing kits are a collection of items that help you manage symptoms of anxiety or depression. They can help you stay grounded, calm, and focused in difficult situations and can help you express your feelings

Tips For Success:

1. When you're feeling unsettled, look through your kit to choose an item
2. Choose an item that will help you to move into a better frame of mind
3. These kits provide a space to process and work through difficult emotions



COPING KITS

Choose a few items that help when feeling anxious or down

- Sour candy
- Mazes/word puzzles
- Drawing
- Word search book
- Play-doh
- Funny movies
- Sewing, knitting
- Essential oils (peppermint, orange)
- Fidget toys

SOOTHING KITS

Choose a few items that help you feel good and relaxed

- Sweet candy
- Stress ball
- Relaxing/calming music (headphones)
- Bubbles (extends exhales)
- Herbal tea (caffeine-free)
- Positive affirmations
- Essential Oils (lavender, geranium)
- Relaxing oils or lotions (apply to neck, shoulders)

