

MISSION POSSIBLE: MENTAL HEALTH

Zen Zone: Creating Your Own Comfort Kit



When we feel overwhelmed and anxious, it can be difficult to ground ourselves in the present moment and create a sense of calm. Having a comfort kit is a great way to be prepared for those times when your mental well-being starts to slip.

What is a Comfort Kit?

A comfort kit is a collection of skills, techniques, items, and other suggestions that you can **in times when stress, anxiety or other negative emotions become overwhelming. Whenever you feel overwhelmed with negative emotions you can turn to your comfort kit to calm down.**

Items might include something calming to smell, or something to listen to or look at that reminds you of positive and happy times.

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Mental Health Toolbox: Tool #2

Create your own Comfort Kit that you can utilize in times when stress, anxiety or other negative emotions become overwhelming.

1. Write a list (on your phone or on paper) or find a container, like a backpack, box, or drawstring bag to hold your items.
2. Gather items that are meaningful or will be helpful reduce stress. Consider the five primary senses - touch, taste, smell, hear, and see. Add at least one item from each category that is easy to reach and available to you when needed.
3. Use the worksheet below to find ideas and plan what items you can add in your kit. These items should be those that bring a sense of calmness and joy to each of your senses.



Reminder: There are no rules around what should be included. We are all unique, and it's about finding what works for you to create a sense of calm.

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VISION

- Noise-cancelling headphones
- Soothing music or audio
- Podcasts or audiobooks
- White noise machine or app
- Nature sounds
- Clicking pen
- Popping bubble wrap

FEEL/TOUCH

- Fidget toys
- Playdough or clay
- Soft textures (a soft toy, blanket, or pair of fluffy socks)
- Stress Ball
- Worry stone
- Weighted blanket
- Cool or warm compresses

SMELL

- A calming essential oil (zesty citrus to uplift your mood or lavender for soothing and relaxing)
- Scented candle or wax melts
- Comforting perfume or room spray
- Scented hand cream or moisturizer
- Scented ChapStick

TASTE

- Sour Candy
- Mints
- Tea
- Chewing gum
- Chocolate
- Crunchy or chewy snacks

HEAR

- Photos of people, pets, or happy memories
- Pictures of your favorite landscape
- Movies or videos
- Books or magazines
- Activities (Coloring Book and pack of pencils/markers, word games, brainteasers, sudoku)
- Positive quotes, affirmations, or song lyrics

YOUR COMFORT KIT ITEMS

Write down any items that you will add to your comfort kit.