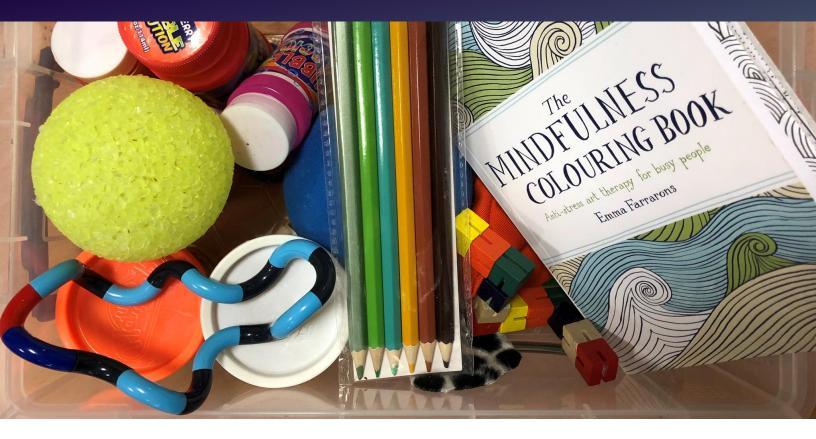
MISSION POSSIBLE: MENTAL HEALTH

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

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

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

FEEL/TOUCH

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

TASTE

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

YOUR COMFORT KIT ITEMS

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