



A Coping Box is a collection of various favourite and positive items you can use when feeling anxious or overwhelmed.

It is up to every individual what they put in the box, below are some suggestions to get you started

Stress ball	DVD
Lavender oil	Birthday card from friend
Photo of family and/friends	Contact number you can ring
Playdough	Fidget cubes/spinners
Chewing gum	Bottle of water
Bottle of blowing bubbles	Motivational quotes
MP3 player loaded with music	Note book
Small blanket	Crossword/puzzle
Soft toy	

Find somewhere in your home which is quiet and safe and spend time looking at the items and remembering the positive memories.

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