

Mental Health Self Care Toolkit

These are trying times and your Student Wellness Project would like to help support you and your family's mental health and wellness. Developing a self-care toolkit is a successful toolkit to use and have during trying times.

Each self-care toolkit is unique to everyone. A lot of successful self-care strategies involve a sensory component (touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). Search for items that you have around the house to create a personalized kit.

Some ideas include:

- ★ A soft blanket or stuffed animal
- ★ A hot chocolate/tea
- ★ Vacation Photos
- ★ Comforting music (play list)
- ★ Lavender or eucalyptus essential oil
- ★ Weighted blanket
- ★ A journal
- ★ Inspirational Book/Hand written affirmations
- ★ Mandala colouring book
- ★ Bubbles (to blow watercolour on paper through a straw is visually appealing as well as work on controlled breath.)
- ★ Mint Gum
- ★ Candy (any type to sit and eat mindfully: starburst, werthers original, etc)
- ★ Ice packs (cold is also good for anxiety regulation)

For children, it is great to help them create a self-regulation comfort box (often a shoe box they can decorate) that they can use on the ready for “first aid” when feeling overwhelmed.

