

Emergency help available at your time of need



EMERGENCY KIT

**YOUR PERSONALISED BOX TO DEAL WITH
OVERWHELM.**

WHAT IS AN EMERGENCY KIT?

When we are feeling distressed or overwhelmed, we feel helpless and it is difficult to remember what has helped in the past, or to believe that anything could help. Often it is helpful to reach out to friends or family, but what if they are not available? In such situations, it can be really helpful to have an "emergency kit" at hand. An emergency kit is a box containing special objects, which are in some way meaningful to you, that you can use to comfort yourself when you notice you are beginning to feel overwhelmed.

Below are some ideas for helpful items you could put in your box. However, this is your personal box, so allow yourself to be creative - you know what is likely to work for you. Remember, these are just ideas. You can put anything you like in your box: gifts from special people, photographs of happy times, quotes, affirmations or poetry, a playlist of calming music. This is your own personal box. The important thing is that you actually put it together - don't just think about doing it. If you're in a reasonably calm place, do it now!



Comforting scents or oils



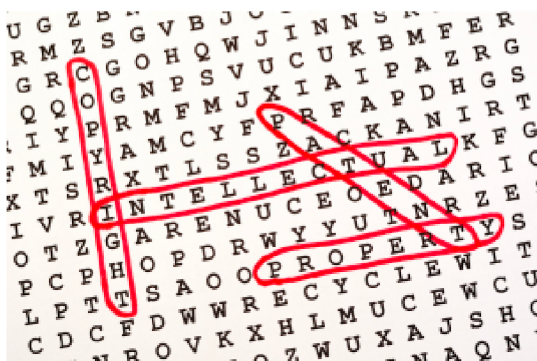
A teddy bear or a blanket - something soft and comforting



A list of phone numbers - friends, family, helplines



Your favourite feel-good film



A puzzle book to engage the thinking part of your brain



A simple knitting project



A Tetris game



Photos of important places and people



A list of things you could do, eg go out for coffee



A book to read



Words of encouragement from others



A list of reasons for living