

Build Your *Personal Coping Kit*

A coping kit is like a personalised treasure chest with tools and reminders to help you navigate challenging moments, ease anxiety, and channel your feelings constructively. Customize it to fit your life—maybe one version for your desk at home, another compact one for your bag when you're out and about, or even a digital app-based alternative!

Suggestions for Your Kit Container

- Decorated shoebox
- Reusable lunch container
- Sturdy plastic bin
- Woven wicker basket
- Fabric drawstring pouch
- Portable zipper case

Smell

- Scented wax melts
- Calming lavender sachets
- Mini air freshener sticks
- Bottle of favorite cologne
- Herbal potpourri mix
- Roll-on essential oils (like chamomile)

Sight

- Adult colouring pages and pencils
- Mini zen sand tray
- Photos of cherished people or animals
- Calming landscape prints
- Inspirational quote cards
- Glow-in-the-dark stars or lights

Choose Items Aligned with the 5 Senses Touch

- Polished worry stone or river rock
- Twisty fidget cube
- Squeezable stress ball
- Cozy weighted lap pad
- Textured massage ball
- Plush stuffed toy

Sound

- Curated relaxation playlist
- Gentle rainstick shaker
- Wind chimes or bells
- Audio of positive affirmations
- Nature sounds app or recording
- Soothing white noise machine

Taste

- Minty chewing gum
- Herbal tea bags
- Smooth butterscotch candies
- Dark chocolate squares
- Flavoured lip balm
- Dried fruit snacks (like mango strips)