

# ASSEMBLE YOUR OWN WELLNESS TOOLKIT



## WHAT IS A WELLNESS TOOLKIT?

A wellness toolkit, a coping or self-care kit, offers tools and strategies for emotional regulation, stress management, and effective coping for mental health maintenance or during difficult situations. It empowers you to take proactive steps toward mental and emotional well-being and provides valuable resources for distress management. With its accessibility, customization options, and long-term benefits for promoting resilience and well-being, a wellness toolkit serves as a proactive and practical resource for enhancing mental health and self-care practices.

Use this guide to create a list of inclusions for your wellness toolkit. Keep the list somewhere accessible, or assemble a physical kit in a bag, box, or other container.

## TIPS:

- Decorate your container of choice to fit your personality!
- Use your 5 senses as a starting point for identifying the items and activities most helpful for you.
- Include a list of support people you can contact if needed.
- Add new items to your kit as you become aware of additional items or activities that support your mental well-being.

*Use the template on page 2 to get you started!*

There are suggestions included for inspiration. Add your own ideas to the blank spaces! Find or make a container and fill it with your wellness toolkit items so it's ready when you need it!

### **SIGHT:**

- Pictures of family, friends, or pet
- An inspirational quote or affirmation
- An artsy postcard
- 
- 
- 
- 
- 

### **TASTE:**

- Gum
- Hard candy
- Mints
- Bag of your favorite tea
- 
- 
- 
- 

### **SMELL:**

- Favorite perfume/cologne or that of someone who brings you comfort
- Essential oils
- Candle
- Scented lotion
- 
- 
- 
- 

### **HEAR:**

- Sticky note with a playlist of your favorite songs
- Link to a guided meditation
- Bubble wrap for popping
- Earbuds to use with your tech
- 
- 
- 
- 

### **TOUCH:**

- Stress ball or putty
- A piece of textured fabric that's soothing to touch
- A painted rock or crystal
- 
- 
- 
- 

### **ACTIVITIES:**

- Journaling
- Sudoku or Crossword
- Coping cards
- Phone/tablet apps
- List of grounding or breathing exercises
- 
-