Emotional First Aid Kit

Having a rough day? Feeling stressed or overwhelmed? We can't always control when these moments occur, but we can control how we prepare and react. Creating an Emotional First Aid Kit can help us prepare for these moments with steps you can take to feel calm again.





SOUNDS

Create a playlist on your phone using your favorite streaming service.



SMELLS

Breathe in smells that make you happy or relaxed, like lavender or fresh air.



SIGHTS

Save images that make you smile on your phone, screensaver or binder.



TOUCH

Touch things that bring you joy or comfort, like soft clothing, pets or weighted blankets.



HUMANS

Make a list of people who love and support you.



TAKE ACTION

Go for a jog, draw, cook, write or express yourself in a judgment-free zone.

Create Your Own Emotional First Aid Kit



SOUNDS



SIGHTS



TOUCH



SMELLS



HUMANS



TAKE ACTION











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