

# Make a self-care kit (think 5 senses)

1. Something to **look** at--cute pictures, family pictures, favorite vacation spots
2. Something to **listen** to--music, soothing sounds, call a friend
3. Something to **smell**--fresh flowers, an orange, coffee, scented stickers
4. Something to **feel**--a soft scarf, textural fidgets, sticky tape, stress ball
5. Something to **taste**--some candy, lip balm, gum, or a favorite tea

Make it your own!

Add everything to a small box, basket or bag to keep close by if possible.

**Keep a list of people you can debrief with, and some people you can talk with to recover.**