

MAKE YOUR OWN JOY BOX

Learning how to self-soothe is very important to our mental health and our relationships with others. Grounding and self-soothing is how we calm our bodies when we are overloaded by stress or overwhelming emotions.

A "JOY BOX" IS A COPING KIT WITH SOME OF YOUR FAVORITE ITEMS THAT CAN HELP YOU ENGAGE YOUR FIVE SENSES TO REGULATE OVERWHELMING EMOTIONS.

Supplies needed:

- Boxes
- Markers

Suggested supplies:

SIGHT

- Favorite quotes
- Stickers
- Photos of loves ones
- Glitter jar

SOUND

- List of your favorite sounds or songs

TASTE

- Small candy/snack packages

SMELL

- Candle
- Essential oils

TOUCH

- Small stuffed animal/stress ball
- Mini coloring book/sheets and crayons
- Fidget toys
- Mini container of bubbles
- Calming lavender or regular playdough
- Journal

