Create a Happy Box

The idea behind a happy box is that when a person is feeling distressed, anxious or agitated it can help them feel better.

Everyone responds differently to different things so a happy box needs to be personalised.

Creating a happy box can be a really fun activity.

It doesn't have to be a box you could use a bag or scrap book.

Include anything that brings joy or acts as a distraction.

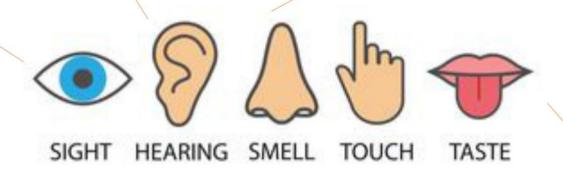
Keep the happy box in a place where you can access it whenever you might need it.

Try including items to soothe the senses:

Soothing music, recordings of friends, a phone number to ring (a friend or support line), audio books, a musical instrument

Smelling oils eg lavender, a favourite perfume, scented candles, a jar of spices, coffee beans, a scented lotion, scratch & sniff cards/stickers

Photos of loved ones, pictures of beautiful places, DVDs, books, magazines, a postcard, puzzles or games, arts & crafts, items linked to a hobby



Hot water bottle, a soft or weighted blanket, hairbrush, massage oil, have a warm bubbly bath, make up or nail varnish, a teddy bear, woolly socks, tactile beads or marbles, a smooth stone, a stress ball, a nail file, clay Chocolates, chewing gum, sour sweets, mints, childhood favourites, popping candy, flavoured tea, hot chocolate