NAMI Walks YOUR WAY

Crafty Saturday

Self-Care Coping Box

Self-care is extremely important for our mental well-being. When we are in pain, stressed or feeling high levels of anxiety, it can be exhausting. It might be so overwhelming that we forget what coping skills and relaxation techniques work for us. At times, we can all use a little extra support!

Here's an idea. Put together a Self-Care Coping Box just for you!

What is a Self-Care Coping Box? It's a container that holds items to help you control your emotions and fuel your sense of hope, motivation and perseverance. Items that relieve stress and make you feel better.

Find a shoe box, a small plastic bin, or a basket that will fit in a closet, under your bed, or on a shelf. Then have fun, be creative and fill that container with all types of items such as these suggestions below:

- A journal and pen
- A CD of calming music
- A favorite book or movie
- Photos
- Essential oils
- Chamomile tea
- Eye mask
- Bath bombs
- Inspirational quotes or messages
- Breathing exercise instructions
- A favorite stuffed animal
- Chocolate
- Fuzzy socks
- Bubbles or coloring book

NAMI Vermont Minute:

NAMI Vermont offers a great resource that could be placed in your self-care coping box, offering extra support when you need it most. Our Resource Guidebook has detailed descriptions about mental illnesses and treatment strategies, plus information about state support programs, community resources, crisis management and so much more. To view it online**,** visit our Resources webpage and click on "NAMI Vermont Resource Guidebook." For a hard copy, **email info@namivt.org or call 802-876-7949.**