

# Week 9 - Self-care box

A self-care box is a place for you to store items that make you feel happy, relaxed, calm, smiley.... [all the good things]



## Store things like: -

Chocolate, a list of things you are grateful for, bubble bath, note book of happy things, teddy bear, colouring book and pencils, favourite movie, art materials, nice smelling things, favourite book, nice body cream/nail varnish, pictures of your family/people who make you feel safe.....YOUR LIST OF AFFIRMATIONS!

- You could put all the creations you have made from this journaling programme [if they will fit!]
- There is an extra handout of empty Care Coupons. Pass them around for people to fill in and read them when you need a little care.

## Talk: - Have a think about why self-care is important

