

# HOW TO CREATE A SELF CARE KIT

*for those  
craziest days*

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## ***So, what exactly is a self care kit?***

A self care kit is a place to keep your favorite “feel-good” items and things. If you’re having a rough day, you’ll be able to find a goodie bag filled with things that make you happy!

To create a self care kit, first you’ll need a box, basket, or something to carry the items in, even a little tote bag works. You can decorate it if you want, or leave it the way it is.

Then, start thinking about some things to pack in your self care kit. Maybe it’s a scented candle, your comfy socks, a photo of your family, lotion, notepad and pens....things that make you smile.

When putting together a self care kit, there is no wrong way to do it. If something makes you feel better at stressful moments, then that is something you may want in your kit.

And when you are having a particularly bad day, feel more stressed than usual, or need to escape for a little while, grab your self care kit and take a few moments to *breathe*....

# *20 Starter Items for your Self Care Kit*

1. Your favorite music
2. A stress ball or fidget spinner
3. Photos of those you love
4. A favorite book
5. Candles or essential oils
6. Pens and notebook for all those thoughts
7. Memento from a happy memory
8. Coloring book or doodle pad
9. Fuzzy socks
10. Nail polish or manicure set
11. Your favorite chocolate or candy
12. A love note someone wrote you
13. Lip balm
14. Affirmations
15. Favorite water bottle, coffee cup, etc.
16. Small pillow
17. Tissues
18. Eye mask
19. Bubbles
20. Head phones or ear buds

Remember, there are no rules about *your* Self Care Kit. Add what makes you happy, change out what doesn't.

The most important part of a Self Care Kit is that you **USE** it. So if there are things in there that *don't* make you happy, remove them and add others that do. It doesn't matter *what* they are, if they make you smile, feel better, laugh, or relieves stress or anxiety, they belong in your self care kit.

