

Looking after your wellbeing from **Day One**



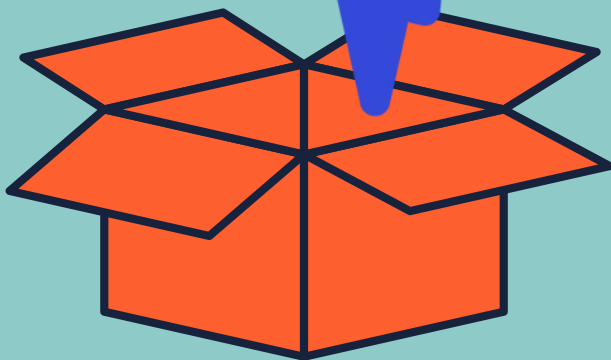
My Wellbeing Box

When you feel overwhelmed, it can be difficult to think 'on the spot' about what you can do to help yourself feel better.

Creating a personal 'wellbeing box' filled with pre-prepared self-care resources can be helpful, ensuring you have everything you need at your fingertips.

Your wellbeing box will be personal to you and there is no right or wrong. Below are just some examples of things you could add:

- Photos of loved ones/happy memories
- Bubble bath/face masks/candles
- Treats (e.g. favourite chocolate bar/herbal teas)
- Favourite books or music
- Phone numbers of friends, family or helplines
- Wellbeing gift voucher (e.g. a massage or cinema trip)
- Hobby equipment (painting etc)



Activity

- 1** Think about what you would put in your wellbeing box and why.
- 2** Start to build your own wellbeing box (using a shoe box is ideal). Fill it with your personal wellbeing tools.
- 3** Decorate your box with personal things that mean something to you, such as photos, inspirational quotes, song lyrics, colours or textures.