



## How to Make a Comfort Box

### What is a Comfort box?

A Comfort box is a container where you keep a collection of items that will help you deal with stress and difficult emotions. It can be a place where you put treasured items that remind you of people, places or things that bring you comfort.

### How do I make a Comfort box?

Choose a container that appeals to you. It should be something that you can easily carry with you. You may choose to keep the box plain or to decorate the outside with pictures and inspirational quotes.

### What do I put in my Comfort box?

- At least one item that will soothe each of your five senses:
  - Scent (scented candle, essential oil, perfume)
  - Sight (Polaroid's, motivational pictures, picture of loved ones)
  - Touch (stress ball, silly putty, stones)
  - Taste (dark chocolate, strong mint, tea bags)
  - Sound (mixed CD of favorite healing songs, mindful meditation recording, sounds of the ocean)
- Supplies that will appeal to your inner artist (markers, glitter glue, stickers, sketchbook)
- Affirmations or favorite quotes written out on index cards
- Letters, cards or mementos from loved ones
- List of coping alternatives for when you feel yourself slipping towards negative coping mechanisms.

What Would You Put in Your Comfort Box?





Scent:



Sight:



Touch:



Taste:



Sound:



Artistic Supplies:



Affirmations/Quotes:



Letters/Cards/Mementos:



Coping Alternatives:

