

OTHER IDEAS FOR YOUR TOOLKIT

We can learn useful strategies to help us with our wellbeing. It can be helpful to have a reminder of these in your toolkit.

These could be breathing and grounding techniques, coping statements and other tools like the worry tree. You can download our coping cards for free - bit.ly/MHSTCopingCards

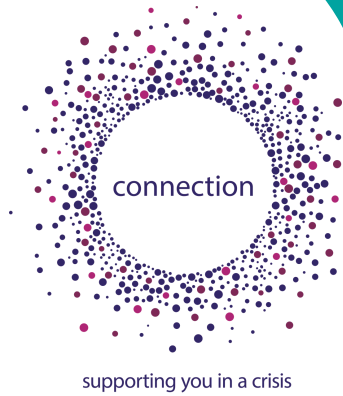


FOLLOW US!



@DORSETMHST

Check out our social media or ask a member of staff to find out more about getting help from the Dorset Mental Health Support Team.



The Mental Health Support Team aren't open 24/7 and aren't an emergency or crisis service - but Connection is! If you're struggling with your mental health and need someone to talk to or want some immediate support, please call Connection:

0800 652 0190

Connection can also be accessed via NHS 111

CREATING A WELLBEING TOOLKIT

DORSET MENTAL HEALTH SUPPORT TEAM



Dorset Mental Health Support Team in Schools

NHS
Dorset HealthCare University
NHS Foundation Trust

It is really important to look after our mental health and wellbeing. We all experience different emotions and some can feel more difficult. It is normal for our mood to go up and down and we can learn tools to help ourselves in these times. A wellbeing toolkit can be used when we feel anxious, angry, low or overwhelmed.

WHAT IS A WELLBEING TOOLKIT?

A wellbeing toolkit contains different items and tools to help calm you down, manage your feelings and focus on the present moment.

If you find yourself feeling sad, anxious or overwhelmed you can turn to your toolkit to help you feel more relaxed.

3 STEPS TO GET STARTED

1. Choose a box or bag
2. Make a label for your toolkit
3. Decorate your box or bag



WHAT SHOULD BE IN MY WELLBEING TOOLKIT?

We recommend having a variety of items to help soothe different senses.

SMELL



- Scented lotion e.g hand cream
- Candle
- Lipbalms
- Spray
- Mints

SOUND



- Playlist and earphones
- Bells
- Nature sounds app on phone
- Shell

TOUCH



- Playdough
- Fidget toy
- Stress ball
- Squishy toy
- Bubble wrap
- Cuddly toy
- Feather

SIGHT



- Photographs
- Colouring
- Postcards
- Affirmation cards
- Glitter jar

TASTE



- Mints
- Sour sweets
- Water
- Hot chocolate or tea
- Chocolate



TIPS

- Get creative - you could decorate the box with positive and inspiring messages or images
- Keep your toolkit somewhere you can easily get it
- Experiment with items - find out what is most effective for you
- It might be helpful to share your toolkit with a family member or somebody at school so they can support you with it

i can
DO
THIS

i am
One of
a Kind