

# Distraction Box

When we are very distressed, it is difficult to think rationally and to decide how to help ourselves. We can therefore resort to using self-destructive behaviours which may help at that moment, but can cause other problems later and in the long-term.



It can be useful to keep a bag or box, in a prominent and handy place, so that when you feel overwhelmingly distressed, you can go to your bag/box and find something that will help you cope and/or feel better.

## *How to make a distraction box?*

Fill a box with memories and items that can provide comfort and help lift your mood when you feel down. The box can contain anything that is meaningful and helpful to you. Try to include items that will help soothe all your senses.



## *Examples of what you could include in your box:*



A CD you like listening to or a song list  
A book, Photos, Letters, Poems, Notes to yourself, A cuddly toy, Perfume or a nice smell, Jokes, A DVD, Essential Oils, A snack or treat, Prepared cake mix, Body lotion, Blanket, Bubble bath, Beauty products (make-up, nail varnish), Face mask, Bubble bath, A puzzle book, Favourite game, Art materials, Notebook, Colouring book, Pens, Pencils, Prompt for physical exercise, Therapy worksheets, Quotes.



When you're feeling better and more positive, write yourself a letter to keep in the box/bag to read at those distressing times (or include a comforting or inspiring letter or email from someone else)



*Difficult roads often lead  
to beautiful destinations*

