

# Things to Include in your DIY Self-Care Box

Sharing is caring. Whether it's for yourself or for someone dear, you can actually set up a Do-It-Yourself (DIY) Self-Care box to create opportunities to relax and focus on one's mental health.

The folks at Project Helping shared a list of stuff that a Self-Care package should contain.



## Journals and pens

Journaling is a great way to articulate pent up emotions, both positive and negative. Writing down thoughts and feelings can help you view them in a different light.



## Stuffed animal

Who doesn't need something to cuddle every once in a while? A stuffed toy can become a soothing object to focus on when someone is feeling overwhelmed with everything.



## Headphones

Music helps calm someone down and drown out the noise from outside.



## Essential oils

Essential oils are both calming and relaxing. Breathing in these scents help reduce stress and anxiety.



## A good book

A fitting reminder to take care of yourself is indulging in a good book. Pick one that you have been meaning to read. It's time you got started.



## Water

Staying hydrated does wonders for health.



## Snacks

Comfort, you say? Having a stash of snacks on the Self-Care box is a great hint to take a break and do something you enjoy.

