



## **Anxiety & Guilt Box**

The anxiety & guilt box can be used for all ages, even adults. The contents may vary depending on the individuals and the age. Here are some possibilities for what you may include:

1. Bubbles & pin wheels to facilitate deep controlled breathing
2. Pen and paper to write a nice letter to someone, write a letter to one who is feeling like you and give them suggestions for ways to feel better.
3. Write a list of things you have done well
4. Band aids to place where the body is experiencing the emotion
5. Rubber band to snap on your wrist
6. Timer to challenge yourself to wait 15 minutes before injuring and another 15 minutes and another 15 minutes...
7. Sketch pad to draw or describe a safe place created in your head then another and another 15 minutes after that
8. Marker to draw a butterfly where you want to harm
9. Tissue for crying
10. Ice to hold, place on area wanting to harm or to throw in shower to break
11. List of exercises to work off energy
12. Magazines, old clothes, or material to rip up or shred
13. Puzzle to solve or put together
14. Music to listen to
15. Soothing soaps and lotion to take a bath with
16. Stress toy to squeeze or pick at
17. Worry stone (can be made out of clay)
18. Phone #'s to call a friend or support person
19. Affirmation cards (may read "this moment will pass, you can handle this, I have experienced this before, I am getting stronger, I am ok")
20. Favorite comforting toy or item
21. Hard candy to suck on
22. Gum to chew

