

A TOOL KIT

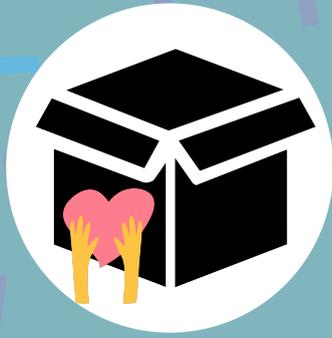


How to make a care box?

A care box is unique to you. It is created for a time of emotional crisis. You can also return to it everyday to calm or energise yourself.

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How to make a care box?

Step 1:

We need to find a box. The box can be a cardboard box or something you make. The sight of the box must be reassuring and happy - so decorate and personalise anyway you like.

Step 2:

Next, it would be great if we explored what makes us feel better along three lines:

- something for your body - physical,
- something to activate your senses - sensory,
- and, something to soothe your feelings- for your emotional self.

If making a list helps you, then this is the part where you bring out a paper and make a list of all the things that help under these three categories.

Step 3:

For your physical self, you can add a ball to throw around. A game that involves spinning tops or putting a ball into a cup. Squeeze balls to ease stress are also a good idea. SOS meds are a good idea to keep here; something for stress headaches or pain or anything else you might like to take like vitamins.



How to make a care box?

Step 4:

The next one is a lovely step. Sensory. This was something I took lightly for many years. But over a period of time this is the most vibrant part of my box. A stone with rough edges, which you can roll around in your hand or origami paper that can be folded; a smell of any kind - candles, aroma therapy oils or even a scented soap; a packet of your favourite drink - could be tea; a bar of chocolate - if that is the sweetness you like. You could even add a headset which reminds you that music is good at this moment. Basically to cover touch, smell and taste :)

Step 5:

The final step is finding something that appeals to your emotional or spiritual self. A book that you like to read and re-read; a colouring book; a journal; just colours and paper.

These steps are loosely designed based on what works for one person. Having something to touch, to throw, to colour and to smell helps shift the brain from its fear response of flight or fight to something that reminds us that we are not in danger at the moment.

We would love to hear from you! What does your care box contain? Join the conversations in our social media spaces or write to us at team@thecuriocitycollective.org

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