

PERSONALIZED MENTAL HEALTH WELLNESS KIT

“Keys for Mental Health Wellness: Movement, Connection, Caring for Others”

A Mental Health Wellness Kit is intentional self-care; a personalized kit means choosing what works best for you. Such a kit can help manage depression, anxiety, PTSD, grief, or stress and is suitable for all ages. It offers healthy distractions, shifts negative self-talk, centers you in the present, helps express emotions, and connects you with support resources.

INTENTIONS FIVE EXAMPLES

- **Distraction:** Activities like exercise, puzzles, books, art, music, or movies to take your mind off problems.
- **Opposite Action:** Doing uplifting activities that counter negative impulses—affirmations, humor, or inspirational media.
- **Emotional Awareness:** Journaling, drawing, or using emotion charts to identify and express feelings.
- **Mindfulness:** Meditation tools, grounding objects, yoga, or breathing exercises to stay present.
- **Crisis Plan:** Contact info for trusted supports, professionals, hotlines, or emergency services.

When assembling your kit, consider the five “R” categories:

RELOCATE, RELAX, REFRAME, RE-CENTER AND REDIRECT FIVE CATEGORIES

- **Relocate:** Images or reminders of calming places.
- **Relax:** Grounding objects like stress balls, fidgets, or aromatherapy.
- **Reframe:** Journals to reshape negative thoughts.
- **Re-center:** Meditation tracks, soothing music, yoga cards, or Zen gardens.
- **Redirect:** Puzzles, books, coloring supplies.

Also, include items for your senses:

FIVE SENSES

- **Touch:** Stress ball, putty
- **Hear:** Music, meditation guides
- **See:** Favorite objects, happy photos
- **Taste:** Mints, tea, gum
- **Smell:** Aromatherapy, coffee

Use the 5-5-5 guideline above to select items that resonate with you and build your own unique Mental Health Wellness Kit. Keep in mind sensory and grounding items; activities and distractions; and self-care and practical tools.