

Personalize Your Calm



Create a self-soothing kit to personalize your calm in the workplace.

Acknowledgment

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Objective

Mental well-being in the workplace requires self-care and collective care.

“Self-care” refers to the actions an individual takes to support their personal wellness.

“Collective care” refers to the actions a group of people take to help support the general well-being of the group. Each scenario requires us to be proactive about maintaining mental wellness in the workplace.

One way to be proactive about mental wellness is to create a self-soothing tool kit to keep handy for future mental distractions.

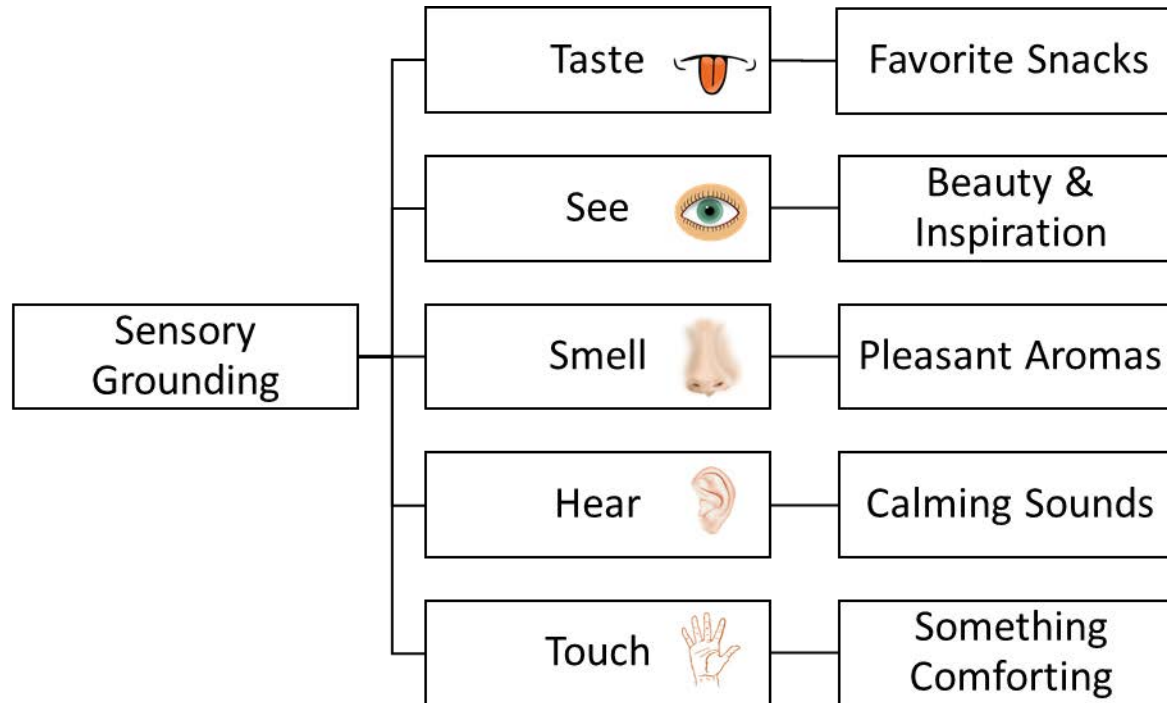
This can be done as an individual activity or a team building exercise. Think about it: First aid tool kits are kept close by in the workplace in case someone experiences a physical injury, but what about when someone experiences a mental injury or challenge? The supplies in a basic first aid kit aren't likely to be helpful when a person is looking for something to aid them through a temporary mental challenge.

For this reason, take a moment to be proactive by personalizing a self-soothing kit to help you challenge negative thinking, distract from troubling thoughts, and practice grounding and calm when mental emergencies arise.

Consider it a gift to yourself.



Using Your Senses to Stay Grounded



No one knows what makes you feel your best self better than you do. Although you may know what works best for you to remain in your window of tolerance, you may not think of those things to aid you in getting back to your center when you are in a state of stress, burnout, anxiety, or depression.

Staying grounded is a way to combat negative thoughts and feelings. Engaging your five senses with things that bring you calm and peace is one way to stay grounded.

Instructions

1. Select a small box, envelope, or packaging of your choice to serve as the container for your self-soothing kit. 
2. Cut the two activity sheets attached into four sections to create eight activity cards.
3. Read the task in the table below. Record your answers on the corresponding activity card then place in kit. Where possible, place items listed on your cards in your kit also.

Section	Task
Listen	List three things you like to listen to (e.g., the name of a song, musician, podcast, motivational speaker). Include some earplugs in your kit for future use.
Smell	List three things that smell delightful to you (e.g., fragrance, essential oil, soap). Include a sample of each scent in the kit (e.g., small sample bottles, or put the scents on cards or pieces of cloth to store in the kit).
Taste	List three things you like to eat or drink and add them to your kit (e.g., sweet or tart candies, nuts, herbal tea, a coffee packet/pod).
Touch	List three things you like to hold, squeeze, or fidget with (e.g., stress ball, spinner, keepsake).
See	List three things that make you smile when you look at them (e.g., pictures, art, memorabilia, or something that makes you reminisce about a good time). Place each item or a picture of the items in your kit.

4. Place a balloon in your kit for the deep breathing activity card.
5. Store the kit in an area that is visible to you in your workplace or in your work bag.

Note: Revisit your kit from time to time to see if any items need to be updated or replenished.

Listen



Press play on the following:

1. _____
2. _____
3. _____

Smell



Take a whiff of:

1. _____
2. _____
3. _____

Taste



Enjoy the taste of:

1. _____
2. _____
3. _____

Touch



Feel, squeeze, or fidget with:

1. _____
2. _____
3. _____

See

Look at:



1. _____
2. _____
3. _____

Breath Deeply

Blow up a balloon



Move Your Body

Stretch Exercise

Take a walk



Write

Something you are grateful for

