

WEEK 5: Wellbeing Sessions 5

Welcome to Wellbeing Session 5

- Hello and welcome back from me
- This session is going to focus on creating a care box for ourselves and the idea is you can come to it and use it when it feels useful.

Senses

- What we put in the box will focus on the five senses – things we can see, hear, smell, touch and taste.
- The first thing you could do is print off the template from the GSC website, to colour in and put on your box (if you don't have an old shoe box, don't worry, you can get creative and use anything to store these little prompts in, or even just write them all down).

What we can see

- For this I suggest finding photographs or printing out pictures for things you like to look at. This might be a photo of a happy memory – but be careful that it is a memory that doesn't stir up other strong emotions for you (such as loss or sadness). Of course, it is fine to have those photos, they just might not work so successfully for this exercise.
- You can also print out pictures of things you like. I recommend having a picture of nature in there, as it has been proven that looking at even just looking at pictures of nature can calm your body down.

What we can hear

- You could create a playlist of songs you like for this. You could do that on your phone or device if you have one, or just write down songs you like.
- This is also a good excuse to move around to the music and shift your energy if you are feeling stagnant.

What we can smell

- Smell can evoke really strong memories in us, which can be useful for this activity as long as we choose something that comforts and calms us.

- What we like to smell is very individual so choose something based on what works for you.

What we can taste

- Focusing on the taste sense is another useful thing to bring us in to the moment – you could maybe put something in the box that will keep well, such as mints and really focus on the texture and flavour of the mint whilst it is in your mouth.
- We should be careful with taste, because it can be easy to reach for cakes or biscuits when we feel down, which might feel useful in the moment but isn't actually very good for our overall health and wellbeing!

What you can touch

- Touch is a really good way to both ground us in the moment and release feel good hormones to our body – we can do something simple like feeling our feet on the ground and our body in the chair. We can give ourselves a pat down or a hug – we can hug someone else! Or ask them for one. Or hug a favourite teddy. We can stroke a pet if we have one.
- I have put some hand cream in the box for this section as it can useful to give ourselves a hand massage. If we like the smell of the hand cream that is a bonus as it incorporates two senses.

Going Forward

- You can add things to the box that make you feel calm or soothed – they don't have to be linked to the senses, this is just a suggestion.
- I have also included an additional activity on the second worksheet we you can download.
- Thanks for watching and I look forward to connecting with you next time.