

Do you need an emergency box?

When overwhelm hits, it can be handy to have a physical toolkit to turn to. Here are some ideas of what that could contain:



Photos of places that are important to you



Transitional objects, such as a pebble from a special place



Letters or cards of encouragement and positivity



List of phone contacts and a script of ways to reach out for help



Activity idea cards, like go for a walk/treat yourself to a coffee



Recipe cards for foods to make that soothe you



A reminder of your favourite film or music



A book to read



A gratitude list, a list of things you are grateful for



A scent that comforts you



Something soft or warm to hold - a blanket or a hot water bottle.



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