

## Self-Nurturing Restorative Box



The self-nurturing treasure chest box consists of items that appeal to the 5 senses: Sight, Smell, Taste, Touch, and Sound...and they help us to restore ourselves.

Find your favorite items and keep them in a box. During times of stress or other emotional triggers, the box serves as another way to self-soothe in place of turning to food or other unhealthy choices.

The following are some examples:

**Sight:** an inspirational photo, a comic strip, a card from a dear friend, meditation book, chalk, or bubbles

**Smell:** potpourri, incense, scented candle, perfume, or a dried rose

**Taste:** flavorful herb tea bag, a piece of gum or sugar-free candy, or candied ginger

**Touch:** a rabbit's foot, stuffed animal, squishy stress ball, *Little Fur Family* book

**Sound:** Music or Book from a CD or i-Pod, small music box, sheet music, a squeaky toy, or a kazoo

**How about for you?**

Sight:

Smell:

Taste:

Touch:

Sound:

OR (what would put a smile on your face and make you glad to be alive)?