

## What is an emergency coping kit?

An emergency coping kit is a small collection of items that can help you get through moments that feel intense. The purpose of this kit is to support safety, grounding and emotional regulation.

You can keep your kit in a small bag, box, pencil case or on your phone (for digital items). You only need a few things – choose what feels helpful for you.

### Grounding and calming items

These help bring your attention back to the present moment and support your nervous system.

You might include:

- A small object you can hold or fidget with
- A smooth stone, stress ball or textured item
- A short breathing or grounding exercise written down
- A calming scent (lip balm, essential oil, hand cream)
- A sweet or something you can taste

### Comfort and self-soothing items

These help when emotions feel overwhelming.

You might include:

- A photo of someone or something important to you
- A soft item (keyring, teddy, etc.)
- A playlist, song or calming audio saved on your phone
- A kind or supportive message written to yourself or from someone else

### Express and release items

Sometimes intense moments build because feelings need somewhere to go.

You might include:

- A notebook and pen to write down how you feel
- A notes app on your phone for writing how you feel
- A short list of things that usually help distract or release emotion
- (for example: walking, music, drawing, tearing paper, squeezing ice, holding something cold)

### Distraction and refocusing items

Things that create a distraction and promote refocusing help your brain ride out the intense moment until it eases.

You might include:

- A puzzle, game or app
- A short activity list (10–15 minute ideas)
- Something creative (mini sketch pad, colouring page, playlist, podcast)

### How to use your kit: When you notice intense moments starting:

Pause and open your kit, choose one grounding or calming item, stay with it for a few minutes, remind yourself that these moments often pass, even if they feel very strong. You can move between items until the intensity reduces.