

# Ideas for Your Overwhelm Kit

## Smell

- Lavender sachet
- Eucalyptus essential oil
- Bubble bath
- Pine cones
- Vanilla
- Body lotion / hand cream

## Feel

- Satin eye mask
- Cashmere sweater
- Soft throw
- Fresh pillow case
- Teddy bear
- Hot water bottle

## Sound

- Serenity playlist
- Wind chimes
- The ocean
- A fountain
- An audiobook from your childhood

## Sight

- Candle
- Favorite art
- Treasured photos
- A mantra
- Fish tank
- A bird feeder
- Feel-good video
- Flickering fire

## Taste

- Herbal tea
- Chewing gum
- Dark chocolate (individual squares)
- Chocolate-dipped strawberries
- Fresh fruit
- Frozen fruit pieces
- Chai latte
- Steamed milk with vanilla
- Toast with butter or jam

## Restorative Place

- A favorite garden or park
- Your bed
- Bath tub
- Library
- Quiet coffee shop
- Museum or art gallery
- Church or place of worship
- Bookstore

## Restorative Activity

- Knitting, embroidery, quilting
- Coloring, calligraphy, painting
- Jigsaw puzzle
- Scrapbooking & other crafts
- Fishing, birdwatching, photography
- Praying, meditating
- Journalling
- Walking
- Reading something familiar
- Yoga
- Playing a musical instrument
- Baking
- Manicure, pedicure, facial, massage
- Stargazing
- Crossword puzzles