

The Emergency Box!

What is an emergency box?

I have found that having a special box, which I call my 'Emergency Box', to go to when I am feeling low. What you put in your Emergency Box is entirely up to you as we all have different things that make us smile and cheer us up, but here are a few ideas...



...An Emergency Box to make you smile

- **Firstly find a box** - it can be any size and made of any material. You could use a cereal box, or you could use a 'box file', and they are sold in most stationers.
- Once you have your box you can **decorate it with anything you like**; make it all special and personalised to you! You could use stickers, glitter glue, things you cut out from magazines, pictures and photos, anything!
- When your box is all decorated and looking amazing, **it's time to put things in it!**
- Get together a bunch of things that make you smile and feel better about yourself. Your favourite DVDs, a book, magazines, a notebook and pen so you can write about how you are feeling, a colouring book and some colouring pencils or pens to take your mind off things, your favourite music, a chocolate bar, a cuddly toy, get people to write down the things that they love about you and then you can look back on them when you are feeling unhappy, photos that remind you of really happy times; holidays, birthdays, family and friends. When you're feeling happy maybe you could write a list of all the things you enjoy doing, all the positive things about you and all the things that you hope for in the future; and then put them in the box too to look at when you're not feeling so good about everything.
- Once your box is full of all the special things that you love, **keep it in a safe place** and every time that you feel low, or you don't feel good about yourself, go and get your special box and look through the things that are there; hopefully it'll turn that frown into a massive smile.

...Your box can be customised depending on what you'd like it to be for.

You could also have a **'Self Harm Distraction Box'**. If you are feeling the urge to hurt yourself, instead of harming yourself, you can go to the box and try to distract yourself and fight the urge.

- Sometimes people find that **playing with play dough helps** to calm them down, or using **red food colouring** gives them the visual affect without actually damaging themselves. You could also have **bubble wrap** as it can be really calming to sit and pop it if you're feeling angry, a **stress ball** could work for this too.
- Perhaps you could have a **cuddly toy** for when you are feeling really upset and maybe even a **blanket**. Some people find that wrapping a blanket around them helps them to feel safe and protected and the urge to hurt themselves is lessened.
- Maybe you could have a **notebook and a mixture of different coloured pens** and you could write about what is making you feel the way you do and what has happened.
- You can **add the ideas from above too** - as they are all positive things that might help you to fight and win against the urge to harm yourself.

If you suffer from an **Eating Disorder** you could have a box specific to you and your recovery.

- Inside your box you could have photos from the time before you developed your eating disorder that show really fun times, and **photos that make you smile** and remember what it was like to feel well.
- You could also **write a list of things you'd like for your future** and the reasons why you are fighting against your eating disorder; 'I would like to have a family' and 'I may not be able to have children if I am poorly'.
- You could also have **special things that help you to fight**; positive things that people have said about you, the things you have achieved - and it doesn't matter if it's something small, or something big; they all count.
- Maybe you could also put **'beats' contact details in there and give them a call** when you are feeling like you are struggling and need a little support. You can add the ideas from above too - as they are all positive things that might help you to fight against the eating disorder.