

Dr. Keesha's Emotional First Aid Kit



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Create your own Emotional First Aid Kit

Start here and now!



The object of the Emotional First Aid Kit is to find things that work for you to stabilize your moods and bring you to a happier place. I've given you some ideas, but feel free to expand on these and really personalize your stabilizing toolkit! Make sure you incorporate all your senses and build an all-encompassing first aid kit that can help you keep calm – no matter what the situation!



Incorporate all 5 of your senses

Visual
Auditory
Taste
Smell
Touch

Ideas for Visual Objects

- Photos of your favorite happy places, people, vacations, etc.
- Art supplies
- Magazines for cutting out pictures to make a collage or vision board
- Glitter balls/snow globes
- Yantras and mandalas
- Mandala coloring book
- Bright and cheery fabrics
- Sacred and power objects
- Your favorite cartoons or cartoon books

Ideas for Auditory Objects

- Favorite music playlists that you know will pick you up
- Positive affirmations that you have recorded
- Guided meditations
- Soothing sounds from nature
- A water fountain
- A wind chime
- Singing bowl or bowls
- Sacred chants, hymns or music that transport you to your Divine connection



Ideas for Tasty Objects

- Edible essential oils
- Herbal and fruit infused water
- Your favorite herbal tea blend
- A savory snack of crunchy cut-up veggies
- A crunchy snack of raw seed and nut mixture with sea salt
- An apply with nut or seed butter
- Dark chocolate sweetened with stevia
- Cook with fresh herbs





Ideas for Aromatic Objects

- Aromatic essential oils
- Flowers
- Incense
- Potpourri
- Candles

Ideas for Tactile Objects

- A warm bath
- Smooth stones
- Walk outside with bare feet
- Lie down on the earth
- Work with clay
- Get a massage
- Self-massage
- Sit in a sauna
- Feathers
- Silk
- Furry animals
- Soft fabric
- Crystals
- Bio-mat
- Use a worry ball
- Plant something that grows box or outdoors

