

## Glastonbury Youth and Family Services Self Care Goodie Bags

These care kits were put together by the Clinicians of Youth & Family Services and have been designed to offer some resources and strategies for coping with change brought on by COVID-19. All bags were prepared with masks and gloves on, and the work station was sanitized before, during, and after with disinfecting wipes ((Lysol and Clorox wipes). The bags were also left untouched for 24 hours between the time they were assembled and when they are available for pick up.

Inside you will find:

- **Stress ball**  
Instructions: Hold in your hand and squeeze slowly, but firmly. Breathe in through your nose as you squeeze the ball, and slowly exhale as you release your grip.
- **Water beads**  
Instructions: Place beads in a small bowl with  $\frac{1}{4}$  cup of water. Allow to sit overnight. Run your hands through the completed beads when you are feeling anxious or stressed.
- **Coloring book**  
Instructions: Take some time to color when you are feeling overwhelmed. Not only is coloring a good attention taker and distraction, the repetitive motions can be soothing.
- **Fidget toy**  
Instructions: Fidget toys are a great way to focus your nervous energy on something. You can play with it when you are feeling upset or as a way to help you focus while you're doing something else.
- **Lotion**  
Instructions: Self-care is important! Give yourself a hand massage with this lotion. When you're done, bring your hands to your face and take some deep breaths to enjoy the relaxing scent.
- **List of other coping tools**  
Instructions: Read through the pamphlet of coping tools for ideas of things to do and apps to use when you are feeling depressed, anxious, or stressed.