

## Acknowledgement:

The idea of emotional regulation boxes originated on Springbank Ward and was led by Hayley Foster Peer Support Worker and Rachel Lloyd Occupational Therapy Assistant. Springbank is a specialist ward for patients struggling with severe personality disorder.

## Feedback:

- It helps me to remember that things have been better
- I feel close to my family when I open the box

# Comfort in a box

*Theme: Healing Space*

## Objectives:

- To de-escalate without the use of medication
- To comfort
- To promote positive thinking
- To relax

## Concept:

Patients are encouraged to create a box, decorate and personalise it with items that are important to the individual. It may be an object, a smell, a tactile item, a picture. Patients can choose to add anything to the box which is of significance to them. It is an alternative to PRN to comfort and soothe.

## Pragmatics:

It is very easy to do both on 1:1 basis or in a group. The costs are negligible, a solid shoe box and some bits to decorate is all that is needed. Making the box in itself is therapeutic and can open up dialogue around what patients find soothing. Staff time that is spent in the creative phase of the box helps break down barriers and facilitates conversations when the patient might be feeling distressed. Once the box is ready staff time requirement is minimal as patients can self-soothe. The box is personal and owned by the patient so it is important that they have time to work at their own pace and gather items to go into the box. Once completed it is up to patients to either keep it close or get it out when needed.


## Top Tip:

Encourage patients to personalise the box to truly make it their own.



Time: 

Cost: 

Training: 

Staff: 

Quick Win: 

## Examples:

- Patients who are distressed picking out a photograph of a happy occasion.
- Feeling sand that reminds them of a treasured holiday.
- A cloth with the smell of their husband aftershave.