

Drawing or painting

Many people find that spending time on artistic activities, such as drawing and painting, can be soothing. Repeatedly moving a pencil or paint over paper can itself be a calming act, and sometimes being creative is an opportunity to express difficult thoughts and emotions that can't otherwise be put into words, gaining more insights on what you've been through or are going through.

Some have said that art helps them to focus on the present moment, helping them focus on how they're feeling and experience connections between their emotions and body. While this can be overwhelming, it is a step towards better self-awareness and may help with knowing what solutions or actions to take

Crafting

Many report that making something yourself, whether it's a greetings card, a cushion or something as small as a bookmark, gives a sense of satisfaction, and the process of making helps to distract from everyday worries and events, giving the mind a chance to switch off. Some people compare crafting to mindfulness, in that focussing on a repeated motion such as sewing or colouring can have meditative effects, bringing you into the moment and putting to one side the constant activity of our thoughts.

Hope box/Happy box

A hope box (or a whatever-you'd-like-to-call-it box) is a place to put special memory items or little trinkets, such as photos of an important day, concert or train tickets, gifts or notes that friends or family have given, or even receipts for things you'd like to remember enjoying. You could put in letters from your friends with words of encouragement, or birthday cards from loved ones. Some people might like to include smells that make them happy, such as a perfume tester or some dried lavender.

Whether it's a stress toy that calms you down or an emergency chocolate bar, anything that helps you feel better in a moment of need can go inside.