





MAY IS 2
MENTAL 0
HEALTH 2
MONTH 0



TOOLS 2 THRIVE
aka
Toolbox

What is a "toolbox"?

- A variety of tools (methods/techniques/objects) that one can use to improve their mental health and increase resiliency regardless of the situations they are dealing with.
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When do I
need to use
the toolbox?

These tools can help us
work through
times when we are sad,
angry, excited,
annoyed etc. which is
why we need options.

Some are tangible, such as
a squishy ball, some are
actions such as yoga.



Examples

Play Dough



Sequins Pillow



Kinetic Sand



Thinking Putty



Glitter jar



Weighted Blanket



Bubbles



Stress ball



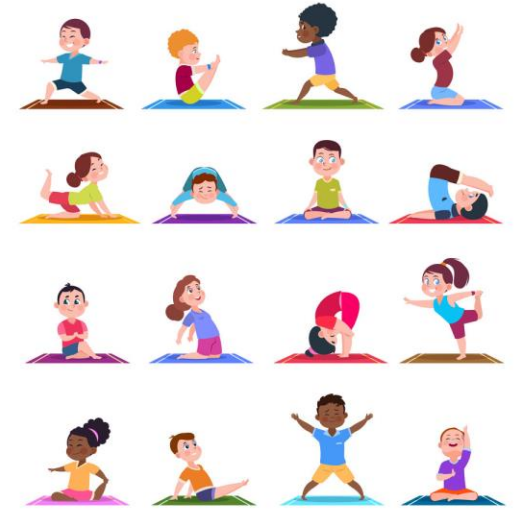
Water Beads



Body Movement Activities



Yoga



Stuffed Animals



Journaling



Lava Lamps



Now what?



1. Pick 2-3 ideas (or more) and put them in a box/drawer/container or a place you can remember
2. Add them to your day – play with it/practice (do you want to change any?)
3. Remind yourself this is part of your toolbox and think about times you might be able to use it.
4. If you are faced with a challenging time that you need grounding or reconnecting to the present, try a tool to help you work through it.

*Remember to practice before you need it just as Semi Ojeleye practices before the Celtic games.

May is ending
but your self-
care should not
end.

- Throughout this month, we have talked about our feelings, connecting with others, having positive thoughts, and now building a toolbox.
- Keep practicing, reach out if you have questions and tell us what you have been trying!

