

A top-down view of a person's hands writing in a notebook. The person is holding a blue pen in their right hand and a white mug of coffee in their left hand. The notebook is open, and the person is writing on the right page. The background is a light-colored surface, possibly a desk or table. The entire image is overlaid with a semi-transparent teal color.

# Your Comfort Kit aka - emotional first aid kit

Kickass Life Project  
[sassysexystrong.com](http://sassysexystrong.com)



We all carry around physical first aid kits for things as simple as a blister, so where is your emotional first aid kit?

Even toddlers know to get a bandaid for a scraped knee, but who among us acknowledges our emotional wounds and knows the treatment for each one.

Are you able to recognize and validate an emotional injury? How comfortable are you at knowing how to tend to it so it can heal without infection or scarring?

This is a starting place and can be a literal physical kit of things or a digital kit, or a combo of both. Both is great because tangible things you can touch are grounding, but digital things are portable.

Positive photographs

Inspirational reading

Funny videos/movies

A relaxing audio meditation

A playlist of music that lifts you up.

A “grounding” object such as a small ball or stone

A journal - write down feelings, draw or doodle

Gum (improve focus & lower cortisol short term)

Water

Something soft to feel

A souvenir of a past adventure

People you can call on

Activities you can do to improve your mood - walking, yoga, living room dancing, sitting in the garden, sex, deep breathing

A list of places you can go - a friend's house, out in nature, being a tourist in your own town, a fav tea house

Words or affirmations. This might include statements like, "This sucks, but it won't last forever," "You've got this," "You are so strong," "It's ok to have a bad day," "You don't have to fake it." "I believe in you" (written from future you)

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# Check back sometimes

I'll keep adding to this list. Would love to hear your ideas for comfort kit items.

This checklist is part of the free Sassy Sexy Strong journey.

[Tell me more....](#)