

## TRAUMA FIRST AID KIT

What am I putting in mine?



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Step 1: Choose a container to place your items inside. A small box or pretty bag are nice things to carry around with you. Even a pencil case would work

Step 2: Choose the items that you will put into your Trauma First Aid Kit

1. Something tactile – cotton wool, piece of material, wire wool etc.
2. Pictures that make me smile – even better if I can use them to try to recall dates of birth and full names etc.
3. Something that makes a noise – a bell or buzzer (you may also choose to have music/meditations loaded on your phone – it can be helpful to place a reminder in your First Aid Kit to use these)
4. Something scented – pot pourri, your favorite perfume mini bottle, an unusually flavoured tea bag
5. Something tasty – jelly beans, boiled sweets, something crunchy and tasty
6. You may wish to include in your kit, some cue cards that suggest the strategies you want to try to remember in the moment of a trigger. Maybe a simple card with 54321 written on it? Maybe the telephone numbers of your support people?

Step 3: Remember to take it with you. Make this a habit. NEVER leave home without it. If necessary, create multiple kits and leave them in different places.

Step 4: USE IT! Use the objects in your First Aid Kit to self soothe and ground yourself in the moment of a trigger. Change the contents as you learn strategies that are most effective for you.

Top Takeaways

How can I use what I have learned?

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