

Compassionate Kit Bag

Your Tool Kit for Life's Journey

A Compassionate Kit Bag is a place to put reminders for your compassionate self, so you can use your resources to nourish you along life's journey.



You can use any bag or box or other container, and decorate it as you wish. Keep it in a prominent place where you see it and are reminded of it every day.

Collect together items that are meaningful, or those you know will be helpful. You might find these items inspiring, empowering, calming, soothing, motivating, bringing confidence, strength, calm composure and wisdom.

Some items you might choose may have some sadness attached by their association with an event or person. You will need to decide if it is right to include this item.

If you physically cannot put the item in the bag or box, then perhaps use a reminder of the item, for example, a picture of an iPod, mp3 player.

Start small. You may have some items that you immediately know would fit in this compassionate kit bag. Other items can be added gradually, over time.

Choose items that make you feel good about yourself - perhaps they bring up a positive memory, or represent something that is important, inspiring, motivating or gives you a boost in some way.

Consider:

- Music
- Picture
- Smells
- Reminder of compassionate image (self or other)
- Book, poem, quotes
- Letter from your compassionate self
- Objects with meaning
- Hobby
- Reminders of your strengths
- Grounding or soothing objects

Keep your compassionate kit bag nearby, maybe next to your bed to remind yourself every day.

You can use your compassionate kit bag with or without the emergency / soothe bag, or you might merge them.

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