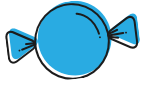


Support & Soothe Tools



Cooling Breath Mints



If a client is anxious and needs some grounding tools, you may offer them a mint. The mint will support the client by allowing them to focus on the taste and coolness.

Hand Lotion



Ask your client if they prefer scented or non scented, as some individuals are triggered by certain smells.

Stress Balls



If you notice your client fidgeting with their fingers or biting their nails, you can offer them a stress ball. The client may roll the ball across their leg or arm, or squish it between their hands. You may want to get a variety of squish balls such as balls that are heavier in weight, different textures and ones that make noise.

Cold Water & Ice Packs



If you notice your client becoming overwhelmed, overheated, or if they say they are feeling dizzy, light headed, irritated, or anxious, offer them an ice pack or a cold glass of water. A temperature change brings down emotional stress for the individual.

Coil Bracelets or Rubber Bands



If you notice your client is distracted, offer them elastic bands or coil bracelets to wear as bracelets. Snapping them helps to decrease unwanted thoughts, alleviate anxiety and re-focus.