



*Gather these items, or anything that brings you peace and comfort, into a special box or basket for times when you need self-care.*

## BREAKUP BOX ESSENTIALS

- Cozy socks or blanket
- Candle or essential oil
- Journal or notebook
- Favorite pen or colored markers
- Tea, chocolate, or snack
- Face mask, bath salts, or self-care treat
- Playlist of calming or uplifting songs
- Positive notes, affirmation cards or motivational quotes
- Small sentimental item that makes you smile
- Stress ball, fidget, or soothing object

## OPTIONAL COMFORT BOOSTERS

- Inspirational book or poetry
- Coloring book or creative activity
- Picture of a loved one or pet
- Favorite photo or memento
- Guided meditation or visualization script

### ***Instructions:***

1. *Gather your items and place them in a dedicated box.*

2. *Whenever you feel heartache, pick one item to use intentionally.*
3. *Pair the item with a journal prompt, meditation, or affirmation for extra comfort.*

*Remember, you are strong and capable, even on the hardest days. Take a deep breath, be gentle with yourself, and know that each small step forward matters. You've got this. Always honor your feelings, your journey, and your healing. Take care of you. You are strong, you are worthy, and your story matters. —Jenny *