



CdLS Foundation UK & Ireland

The Cornelia de Lange Syndrome Charity Reg. No. 1054033

"The CdLS Foundation UK & Ireland is a family support organisation which exists to ensure early and accurate diagnosis of CdLS throughout the world, promoting research, and enabling individuals, families, friends and professionals make informed decisions and plan for the affected person's present and future."

Create a Compassionate Kitbag



Spend some time gathering a collection of objects which represent soothing and nurturing to you – these can be a mixture of calming or uplifting, depending on what you might need at different times, this is completely personal. This is your own Compassionate Kitbag which you can turn to any time you need, to encourage and experience feelings of soothing, calm, contentment and balance.

The items you select for your 'Kitbag' can be anything you choose. This bag can be a work in progress and added to over time as you think of new objects. You can keep these in a bag or a box, or even create a mini go-to bag you can carry with you at all times. Try, if you can, to select a range which might appeal to all of the senses – sight, sound, touch, taste, smell.

Suggested items could include:

- Smells (eg. essential oils, perfume, hand cream)
- Soothing objects (eg. Pebble, shell, soft cloth, crystal)
- Memento connected with safety and calm (eg. souvenir, soft toy)
- Music/song lyrics (maybe a playlist)
- Poems / reading (copies of favourite poems, quotations)
- Pictures / photos / postcards
- Tastes (eg. herbal tea / coffee / hot chocolate sachet, small bar of chocolate)
- Hobbies you enjoy (portable items or reminders of these); engaging puzzles
- Imagery or drawings (eg. of compassionate self or other, place of relaxation)
- Compassionate letter to self

* For the purpose of the compassionate kitbag, it's important that the items you choose are associated with nurturing yourself, creating a sense of calm, safeness and contentment. Steer clear of items which may remind you of sad or difficult times.

www.alibinns.co.uk Ali Binns CBT

P.O. Box 8368, Ripley, Derbyshire, DE5 4DA
Tel: 01375 376439 E-mail: info@cdls.org.uk Web: www.cdls.org.uk