

Soothing Bracelet for Busy Hands or Worried Minds

A soothing bracelet is a simple, DIY craft that can help us be mindful when struggling with intrusive thoughts or negative ideas by turning our attention toward an object or repetitive motion. Paired with deep breathing or a positive statement, such as “I am in control”, “I am safe” or “I am calm” can help us manage uncomfortable emotions and limit the control stress has over us. Sometimes a physical reminder like the soothing bead, can be exactly what we need to bring us back to the present moment, more prepared to problem solve, and enjoy the day.

Materials List:

- Many small beads & 1 larger bead that feels nice to you (could be smooth or textured)
- Elastic to “string” the beads
- Scissors
- Optional – bowls or empty egg carton to organize beads



Instructions:

1. Measure wrist with elastic. Leave extra room in order to tie it together, then cut. (You can always trim later, better than being too short!)
2. Tie a strong knot on one end of the elastic.
3. Add beads until the elastic is almost full and tie a tight knot, leaving enough room to easily remove the bracelet.
4. Next, measure a piece of elastic from your wrist to the tip of your middle finger, leaving extra room to tie knots at both ends.
5. Tie one end to the bracelet and begin adding beads. Once you have added enough beads to reach the tip of your middle finger, add the last larger bead and tie off the elastic tightly.
6. You should now be able to slide the bracelet onto your wrist and hold the larger bead in your hand, rubbing it to self-soothe when needed.
7. Wrap the long piece around your wrist and tuck it into elastic when not in use.
8. Worried or Stressed? Just unravel, and rub the soothing bead, recite positive statements, or transfer your worry into the bead, leaving you free to carry on with your day worry free.

To learn more, visit the
School Mental Health Resource and Training Center at
www.mentalhealthEDnys.org or call **518.434.0439**