All individuals will have access to an individualised relaxation box that they can access throughout their journey on the ward to support their recovery and support self regulation. This will provide staff with a tool/intervention to help individuals reduce their potential of escalation of distress.

Individuals are encouraged to identify activities/items that help to be calm and alert them if feeling anxious or distressed, either through 1:1 with their named nurse, support from completing an interest checklist or a sensory preferences checklist.

Relaxation boxes offer an alternative or at least an additional tool/intervention when individuals are feeling distressed or anxious.

Patients are encouraged to self identify activities that are calming and alerting.

The next step is to develop a sensory modulation group on the ward to help individuals start to develop an understanding of their sensory processing needs.