



Stress Emergency Kit

Come and build your own kit on January 12th!



Make up your own kit to combat stress for you and others at home, and school.

Don't leave home without it.

Examples:

- Rubber Band: Remind you to seek the right level of tension.
- Hershey Kiss and Hug: Everyone needs affection.
- Crayons: Color your world, color your perception away from "black and white".
- Eraser: Erase your old irrational thoughts to make way for new ones.
- Smiley Face Stickers: Remind you to smile.
- Band Aid: Heal the hurts of those around you, make amends, and apologize.
- Post-it-Note: Write rational reminders, i.e. not take things personally.
- Playing Card: It is not the cards we are dealt, but how we play out the hand.
- Coloring Books: Coloring has a de-stressing **effect** because when we focus on a particular activity, we focus on it and not on our worries.
- Mini Ball: Reminds you to play, roll with things and bounce back.
- Comic Clippings: Remember to laugh as life is too serious to be taken seriously.
- Download a free App on mindfulness to take a break.

Did you know...? Stressed spelled backwards is Desserts!
It shows that stress can be sweet- as long as we manage it and not carry it!