

Anti Stress Kit

This is your "Anti-Stress" kit.

I hope that these items will help you to relax and enjoy your life more.

- RUBBER BAND:** To remind you to stretch your new ideas and your mind to new limits so you will continue to grow and reach your potential.
- TISSUE:** To remind you to see the tears and needs of others, including those of yourself and your peers.
- CANDY KISS:** To remind you that everyone needs a hug, kiss, or a word of encouragement every day.
- LIFE SAVER:** To remind you to think of your peers as your "life savers." Care about each other and help each other through the stressful times that occur in life.
- PENNY:** To remind you the value of your thoughts – BIG ones and little ones! Share them with others.
- ERASER:** To remind you that we all make mistakes and with an eraser they can be erased, as can our human mistakes be overcome.
- TOOTHPICK:** To remind you to "pick out" the good qualities in others and yourself and to be tolerant and accepting of the differences of others.
- PAPER CLIP:** It's important to "keep it all together." Find the balance in your physical, professional, and spiritual life. Explore the resources and programs available to you in the community.