

Stress relief kit

- chocolate kiss take time for love
- eraser every day you can start over
- tea bag don't let troubles brew too long
- rubber band exercise
- bandage take care of the hurt
- plastic baggie keep a fresh perspective
- pencil write your thoughts in a journal
- wrapping paper or ribbon remember life is a gift
- cotton ball give warm fuzzies (hugs)
- leaf, stick, or stone spend time in nature
- penny share your thoughts
("a penny for your thoughts")
- cut-out cartoon use humor

(From *Strengthening families* booster session.)

IOWA STATE UNIVERSITY
University Extension

SP 103c October 1999

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