

Stress Survival Kit

A Rubber Band to stretch your ideas and mind so you will continue to grow.

Tissues to remind you to see the tears and needs of others.

Hugs and Kisses to remind you that everyone needs a hug, a kiss, or encouragement every day.

A Life Saver to remind you to think of family, friends, and yourself as "life savers" and to care about and help each other through the stressful times.

A Penny to remind you of the value of your thoughts.
Share them with others.

An Eraser to remind you that we all make mistakes and can learn and grow from them.

A Toothpick to remind you to "pick out" the good qualities of others while being tolerant of differences.

A Paper Clip to remind you it's important to "keep it all together" whether "IT" is your mental health or your ability to cooperate with and support family and friends.