Stress Emergency Kit

Don’t leave home without it!

The Serenity Prayer—The Cornerstone of Stress Management

“God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.” - Reinhold Niebuhr

Stress Emergency Kit

Make up your own kit to combat stress for you and others at the workplace. Don’t leave home without it!

Examples:

- Rubber Band — reminds you to seek the right level of tension—the optimal level of stress
- Hershey Kiss and Hug — everyone needs affection—spread love
- Crayon — color your world, color your perceptions away from “black and white” thinking
- Paintbrush — attitude is the mind’s paintbrush!
- Eraser — erase your old irrational thoughts to make way for new ones
- Mini Ball — reminds you to play, roll! with things and bounce back!
- Smiley Face Stickers — to remind you to smile!
- Band Aid — heal the hurts of those around you—make amends—apologize
- Audio Tape — reminds you to make new messages for yourself and erase or not replay the old ones!
- Comics Clipping — remember to laugh as life is too serious to be taken seriously!
- Post-it-Note — write rational reminders, i.e. not to take things personally
- Playing Card — it is not the cards we are dealt, but how we play out the hand that counts in life

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!

Judith Belmont  M.S., L.P.C.
Wellness Speaker/Author/Coach
Belmont Wellness
www.belmontwellness.com
judy@belmontwellness.com
610-457-6151