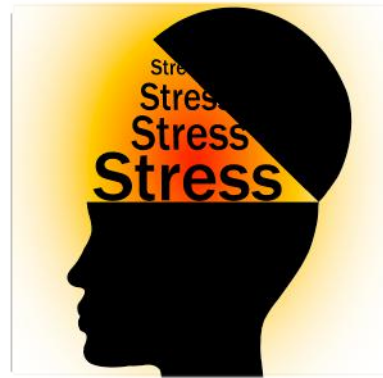


# Stress Emergency Kit

*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 paint brush!*

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!*

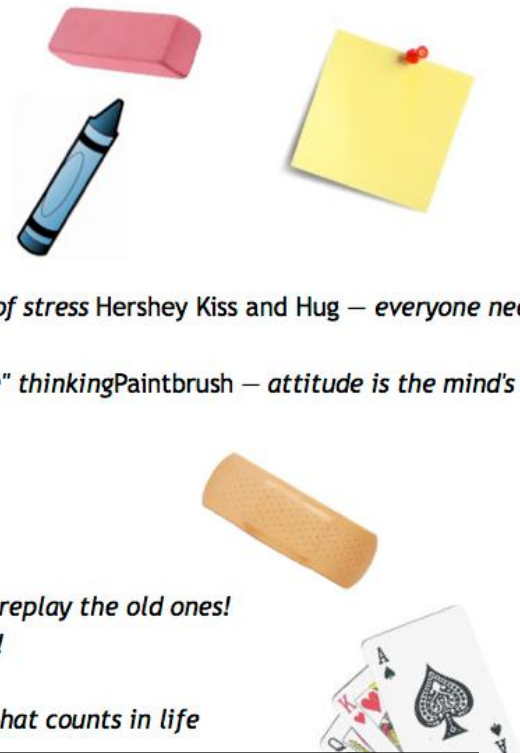
Band Aid – *heal the hurts of those around you—make amends—apologize*

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!*



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