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.