

Stress Relief Toolkit

What is the Stress Toolkit?

- Activities
 - [21Days of Gratitude](#)
 - [Affirmation Activity](#)
 - [Affirmation Box or Jar](#)
 - [Mindful Journaling](#)
 - [Mindfulness Books for Adults](#)
- Breathing/Stress Relief Cards
 - [Mindful Breathing](#)
 - [Nostril Breathing](#)
 - [3 Minute Breathing](#)
 - [Butterfly Breathing](#)
- Guided Meditation
 - [Guided Meditation Exercises Cards](#)
- Mindfulness Activities
 - [Blowing Bubbles](#)
 - [Body Scan Activity](#)
 - [Five Senses Exercise](#)
 - [Glitter Jar](#)
 - [Mandalas](#)
 - [Mindful Listening](#)
- Setting Expectations
 - [Setting Expectation Cards](#)
- Poster for the home or work place
 - [Stress Relief Poster](#)

