

# 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](#)

