



Thank you for your interest in Health Promotion and Wellness' STRESS (STress Relief Event Support Supplies) Kit! This service aims to support stress relief events with a variety of supplies that are shown to assist in relieving stress. Please find below a list of what is included in each kit, the stress relief benefits of each item, and recommendations for how you may use each item at your stress relief event.

Stress Relief Item:	Stress Relief Item Benefit & Event Use Suggestions.	N included in kit
Relaxation CD	<p>Benefit: Listening to slow quiet music can slow the pulse and heart rate, lower blood pressure, and decrease the levels of stress hormones.</p> <p>Event Use: Play the CD during your event to create a calming environment.</p>	1 (return)
Spoonk Acupressure Mat	<p>Benefit: The mat stimulates specific reflex points throughout the body, releases blocked energy, eases tense muscles, and creates deep mental and physical relaxation.</p> <p>Event Use: Students may stand or lay on the mats to obtain the mat's benefits. Lay the detailed instructions on "Spoonk Sheet" near the mat for student's reference on how to use it.</p>	1 (return)
Yoga Mat & Stress Relieving Stretches	<p>Benefit: Simple yoga stretches will lengthen your muscles, relieve tension, and relieve your stress.</p> <p>Event Use: Lay out the mat and tape/lay the "Stress Relieving Stretches" Sheet near it for student's reference.</p>	1 (return)
Health Marketing Coloring Sheets & Crayons	<p>Benefit: Coloring provides repetitive motions that can help strengthen your focus and shift your attention back to a relaxed state.</p> <p>Event Use: Lay out the coloring sheets with crayons on a table.</p>	1 box of crayons (return)
Play Doh	<p>Benefit: Repeatedly kneading the Play doh releases tension, boosts blood circulation, and helps to relief stress.</p> <p>Event Use: Place Play Doh on a table for use.</p>	8 containers (return)
Uno Game	<p>Benefit: Community building</p> <p>Event Use: Place game out to be used.</p>	1 (return)
<p>Paper Resources</p> <ul style="list-style-type: none"> • Stress Management Resource Guide (SR) • SHCS Resource Guide (SR) • Suicide Lifeline Magnet (SR) • Stress Assessment (SE) • SMART resources (SE) • PMR & Deep Breathing (SE) • Sleep Door Hanger (SEd) 	<p>Benefit: Stress Resources (SR) link students to stress management resources on campus. The Stress Exercises (SE) provides tips and education to the students for additional stress management skill development. The Stress Education (SEd) pieces provide specific information and tips to impact health behavior.</p> <p>Event Use: Lay out the resources to be used or taken. Added Bonus: You can lead activities going through exercises or practice sheets for a more educational event.</p>	Many (may take paper resources)
Stress Brains	<p>Benefit: Squeezing the Stress Brain has you actively thing about tensing and relaxing your muscles which encourages relaxation.</p> <p>Event Use: You can lay out the stress brains for students to take.</p>	Many (take home)