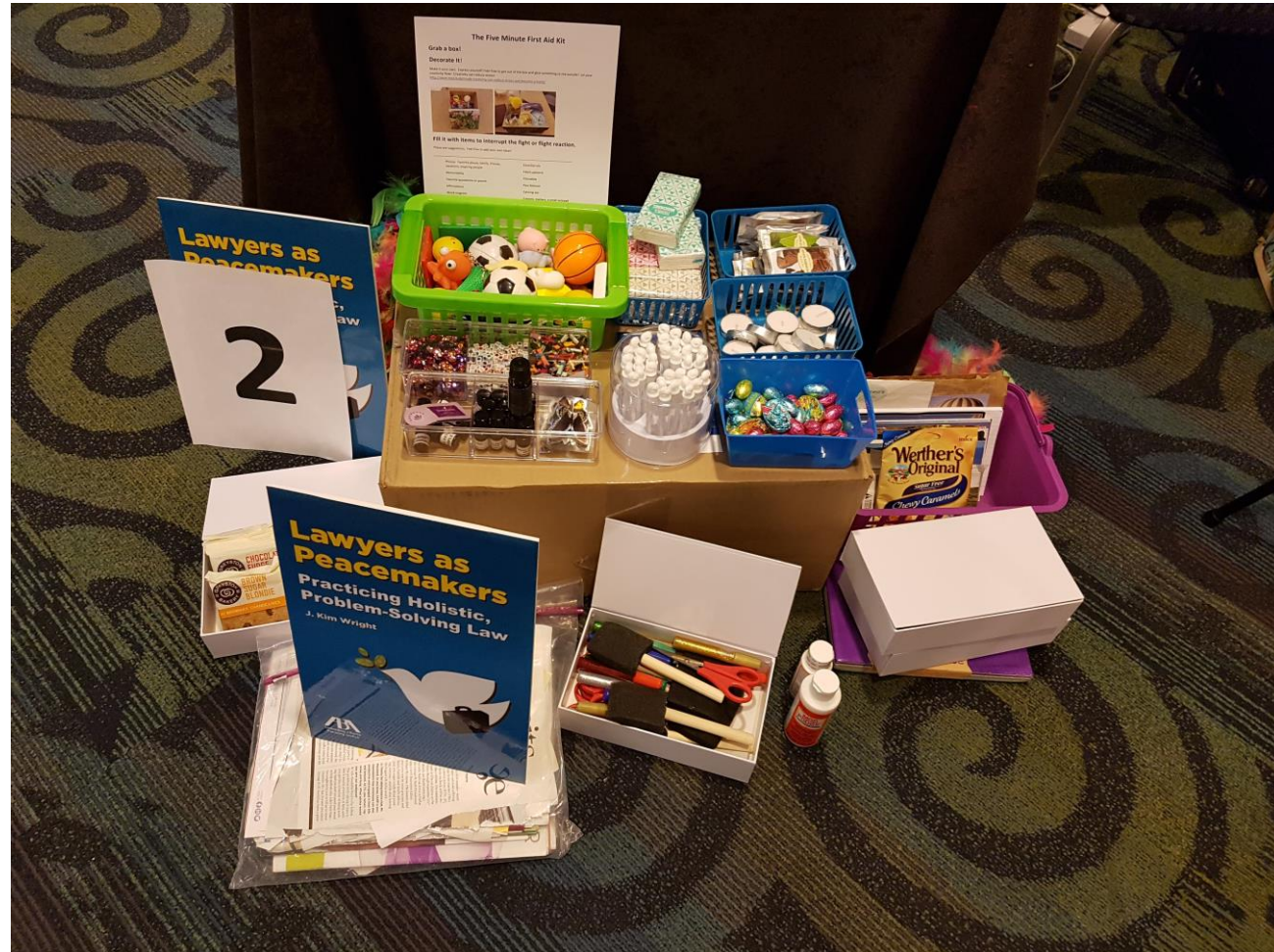


The Five Minute First Aid Kit



Grab a box!

Decorate It!

Make it your own. Express yourself! Feel free to get out of the box and glue something to the outside! Let your creativity flow! Creativity can reduce stress!

<http://reset.me/study/study-creativity-can-reduce-stress-and-become-a-habit/>



Fill it with items to interrupt the fight or flight reaction. (These are suggestions. Add your own ideas!)

- Photos: Favorite places, family, friends, vacations, inspiring people. (Postcards can be used in exercise)
- Memorabilia
- Favorite quotations or poems
- Affirmations
- Word magnets
- Small toys – stress balls, silly things
- Stones
- Charms
- Essential oils
- Fabric patterns
- Chocolate
- Pain Reliever
- Calming tea
- Crayons, markers, a small notepad
- Flash drive of favorite music, meditations, photos, videos
- Card deck

Put the box in a safe place but where it is handy.

When you've had a bad day in court, a client has yelled at you, or you've yelled at someone, recognize it is time to take a break. Five minutes with your box will clear your mind, shift your attitude, and help you be more productive for the rest of the day.



Recommended sources of supplies:

Boxes: \$1.27 each

<https://www.consumercrafts.com/store/details/catalog/kids-craft-basics-supplies/2406-91>

Or: \$3.79 for 3

<http://www.michaels.com/artminds-paper-mache-square-box-set/10367441.html>

Essential oils: \$1.00 each.

<https://www.essentialoil.com/collections/samples>

Popular Toys:

<https://www.amazon.com/gp/product/B078S42XGD> -cutest ever

<https://www.amazon.com/gp/product/B01KSXYR8E> - stress balls

<https://www.amazon.com/gp/product/B003WSTKDU/> - worry dolls

<https://www.amazon.com/gp/product/B005EG4VO6> - bubbles

Engage the Senses

Your box can have positive triggers or reminders to engage all your senses. In your Five-Minute Break, try these:

Sight

Doodle, sketch, illustrate your ideas. Pictures are easier for the brain to process and remember.

Sound

Music can entertain, shift our mood, relieve stress, heal, promote cognitive development, make us better at recognizing emotion in sound. Listening to music activates various parts of the brain related to planning, expectation, language, motivation, pleasure. Perhaps a flash drive with your favorite music or a guided meditation.

Smell

The sense of smell is the only one of the five senses directly linked to the limbic system – the center of emotions in the brain. (Lavender oil is especially calming.)

Touch

Redirecting attention to parts of the body with gentle touch helps alleviate pain and stress by changing the brain's cortical body maps. This is the same portion of the brain responsible for the “phantom limb” phenomenon. (Maybe put a business card for a spa or massage therapist in your box to remind you to schedule an appointment!)

Kinesthetic

Let your body guide you when you need to make a decision. If you experience muscle tension, a “pit” in your stomach, or a sudden headache, perhaps, your body is telling you that you are moving in the wrong direction. Take a deep breath and imagine what else you can do.