Stress-free Zone Instructions

Nice work on bringing wellness to your department!

How to:
Either package individualized small totes with items found in your Zone
OR set up all items in a quiet, isolated area for all department employees
to enjoy.
(Tip: set up a screen with relaxing images or soothing sounds in the area)

What may be included in your Zone:
- Coloring materials (pages, bookmarks, colored pencils)
- Temporary tattoos
- Mindfulness jar craft supplies
- Stress squeeze balls (carrots)
- Tea packets
- Sleep masks
- Lavender room spray
- Aromatherapy lotion to share
- Zen stacking stones to share
- Mini sunflower planter kits
- Small totes for individual packaging