

8 Ways To Beat Stress And Anxiety

First thing's first:

Take the stress quiz at <https://itsmelauralee.com/take-the-quiz/>

Take the depression quiz at <https://itsmelauralee.com/take-depression-quiz/>

- **Self-soothing Kit.** A self-soothing kit provides both comfort and distraction when you're having a bad day. It helps to get you grounded and keep you grounded. Create a kit that uses all 5 of your senses – seeing, hearing, smelling, touching, and tasting.
- **Smile.** Did you know there's scientific evidence behind fake-it-til-you-make-it? In other words, smile your way through it because it can make you happier. And, frowning can make you sadder. You probably can't smile your way out of depression, but it can't hurt.
- **Daily Gratitude Journal.** Write 10 things that you're grateful for every day. If you can't write 10, write 5. If you still can't write 5 things to be grateful for, then write 5 things that didn't go wrong. Example: "I didn't get into a car accident today."
- **Exercise.** This doesn't have to be anything radical. It can be as simple as taking a walk or doing yoga. Choose something that you can continue to do on a continuous basis. Doing it outside in nature gets you bonus points.
- **Hobbies.** Find a hobby that gives you pleasure. If you don't have any hobbies, you might try several things until you find something that you truly enjoy. And, just like exercise, make certain to choose something that you can continue to do.
- **Prayer and Devotion.** Start your morning with God and end your evening with Him, too. I start out in the morning asking for guidance, energy, and momentum, and everything that I'm grateful for – including my family and the day ahead. I also have a devotional that I read every day. It's amazing how relevant the day's devotion always is. I admit that I say my prayers while lying in bed, so I usually fall asleep saying my evening prayers, and never quite get to "Amen." When I'm in real distress, I simply repeat, "Jesus," over and over, and let the Holy Spirit do the talking for me.
- **Meditate.** Set time aside to meditate – practice your breathing. Start your day and end your day this way. I have to admit, that I wake up at 0500, so by noon I'm ready for a nap and I meditate my way to it, so I'm meditating 3x a day. I use an app on my phone, called, Calm. And, lavender essential oil in the diffuser. Empty your mind. Be certain to practice and observe your breathing. One breathing technique is 7-11. Breathe in for a count of 7 and out for a count of 11 and repeat. The first technique I learned, and still use today, is called 4 square breathing. Breathe in for a count of 4. Hold for a count of 4. Breathe out for a count of 4. Hold for a count of 4. Repeat.
- **Church.** Often when we're depressed or struggling with a mental illness, we turn our backs on our church families. I'm so very guilty of this. I prayed my heart out; I cried out to God, and yet, I didn't let my pastor, or my church family know I was struggling. I simply stopped going to the point that they thought I had moved. Attending church, also gives us opportunities to socialize in a safe place when we otherwise have difficulties in social settings.



It's Me Laura Lee, LLC
3560 Ambleside Dr
Springfield OR 97477



Self-Soothing Kit

First thing's first - What is a self-soothing kit?

A self-soothing kit is just what it sounds like. It's a kit that has items in it that will soothe you when you're having a hard time, having an all-around bad day, or dealing with a lot of stress. The purpose of a self-soothing kit is to provide you with comfort and encouragement, to help you get grounded and stay grounded, and to distract you from the current problems or from the things that are causing you distress.

Ideally, a self-soothing kit will have at least one item from each of the 5 senses. Here's an example of each:

Sight – a photo

Sound – music

Smell – essential oil

Touch – worry stone

Taste – sour candy

You can make a portable kit to keep in your car – use a small backpack, bag, plastic container, etc., and place it in your trunk or glove box. You can also make a kit and place in a small bag to place in your purse. You can create a larger kit for your home – use a box, a cedar chest, a larger storage container, etc. Place it where it's easily accessible.

The self-soothing kit is great for adults and children alike, but it's often hard to think of what to place in the kit. I'm providing a list of 65+ items to include in your self-soothing kit. A coloring book from Color Joy is a great way to distract yourself and perfect for a self-soothing kit! If you don't yet have one, I'm also providing you with a few pages from different books to get you started.

Make sure that the things you put in your kit are effective. So, for example, chocolate is on the list. If you know you always overeat chocolate – you probably don't want to include it because it will cause additional problems.



It's Me Laura Lee, LLC
3560 Ambleside Dr
Springfield OR 97477



Self-Soothing Kit

- **Essential Oil**
- **Personal Diffuser/Diffuser Beads/Necklace**
- **Coloring Book/Colored Pencils/Crayons**
- **List of Emergency/Supportive Contacts**
- **Weighted Blanket**
- **Makeup/Compact Mirror**
- **Gum/Lozenges/Cough Drops/Sour Candy**
- **Dark Chocolate**
- **Weighted Eye Mask**
- **Worry Stone**
- **Fidget Spinner**
- **Rubik's Cube**
- **Piece of Fur/Leather/Silk/Feather**
- **Word Search/Sudoku/Crossword Puzzle**
- **Small Jigsaw Puzzle**
- **Bible**
- **Meditation App for Phone**
- **Ear Buds**
- **Noise Canceling Headphones**
- **Journal and Pen**
- **Bubbles**
- **Hot Pack**
- **Ice Pack**
- **Theraband**
- **Kaleidoscope**
- **Novel/Book of Poetry**
- **Devotional**
- **Reading Glasses**
- **Bubble Wrap**
- **Fuzzy Socks**
- **Sweater**
- **Bottle of Water**
- **Lotion**
- **Personal Fan**
- **Hairbrush**
- **Photo of a Loved One**
- **Teddy Bear/Stuffed Animal**
- **Bath Bomb**
- **Lip Balm/Lip Gloss**
- **Charging Station for Phone**
- **Yoga Mat**
- **Hotline Numbers**
- **Tennis Ball**
- **Silly Putty**
- **Paddle Ball**
- **Sun Glasses**
- **Hat**
- **Fingernail File**
- **Tissues**
- **First Aid Kit**
- **Pillow**
- **Mini Flashlight/Batteries**
- **Baoding Balls**
- **Jacks**
- **Yarn**
- **Crochet Hook/Knitting Needles**
- **Cross Stitch/Hoop/Needle/Thread**
- **Liquid Motion Toy**
- **Yo-Yo**
- **Mini Zen Garden**
- **Scented Candle/Lighter/Matches**
- **Pop Rocks**
- **Rubber Band/Hair Tie/Head Band**
- **Toothbrush/Toothpaste**



It's Me Laura Lee, LLC
3560 Ambleside Dr
Springfield OR 97477



WOW!

Register for a **FREE** discovery call:
<https://itsmelauralee.com/HOPE>

12 Week Coaching Programs Available With Payment Plans



It's Me Laura Lee, LLC
3560 Ambleside Dr
Springfield OR 97477



I am
STRONG
and **ABLE**
to do *hard*
things











