

St. Elizabeth Cancer Center SELF-CARE KIT “RECIPES”

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STRESS BALLS

What you need:

- 1 latex balloon
- Funnel
- 3 tbs household flour

Directions:

Blow up the balloon and then let the air out to stretch the balloon. Put funnel end into the top of the latex balloon. Using a spoon, pour flour into funnel so it enters the balloon. When the balloon is full, remove funnel and tie a knot in the bottom of the balloon. Wipe off excess flour and squeeze during challenging times.

CALMING ROOM SPRAY

What you need:

- Witch Hazel
- Distilled Water
- Calming Essential Oils – lavender, eucalyptus or some sort of blend
- Empty spray bottle

Directions:

Put equal parts witch hazel and distilled water into the spray bottle – depends on bottle size. Add 2-3 drops of essential oil per each half cup of liquid. Spray onto pillow before bed or around the room when calm is needed.

MEDITATION BOTTLES

What you need:

- Clear Glue (or clear colored glue)
- Water
- Glitter
- Food Coloring (if desired)
- Empty water bottle/jar/etc.
- Funnel

Directions:

Fill container half full of clear glue and then add the desired amount of glitter and food coloring. Fill remainder of bottle with warm water, leaving a little room at the top. Shake bottle vigorously for about a minute. While glitter is falling, use that time to sit calmly and meditate as many times as needed until you are less stressed.