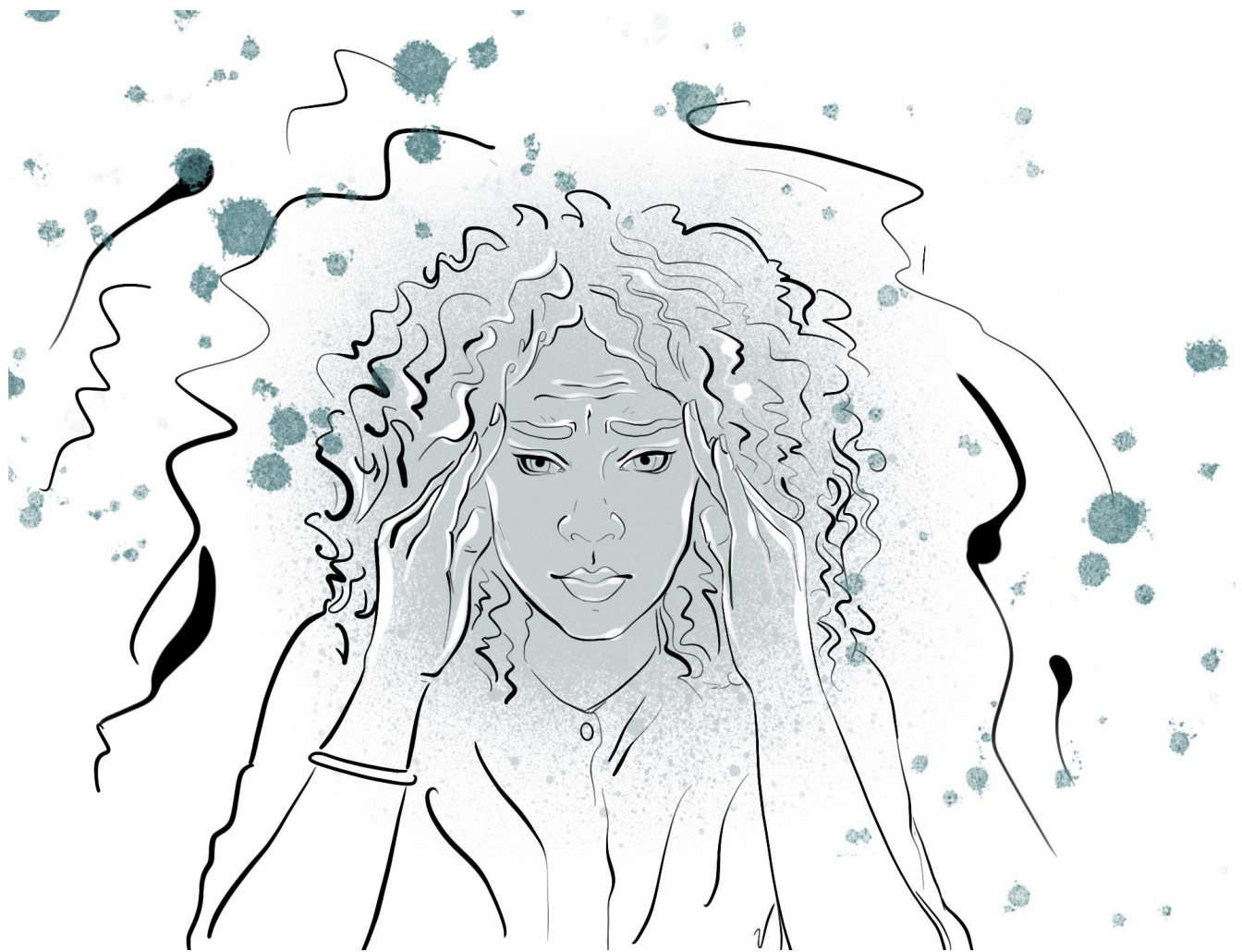




RELAXATION STONES

STEPHANIE MUFSON

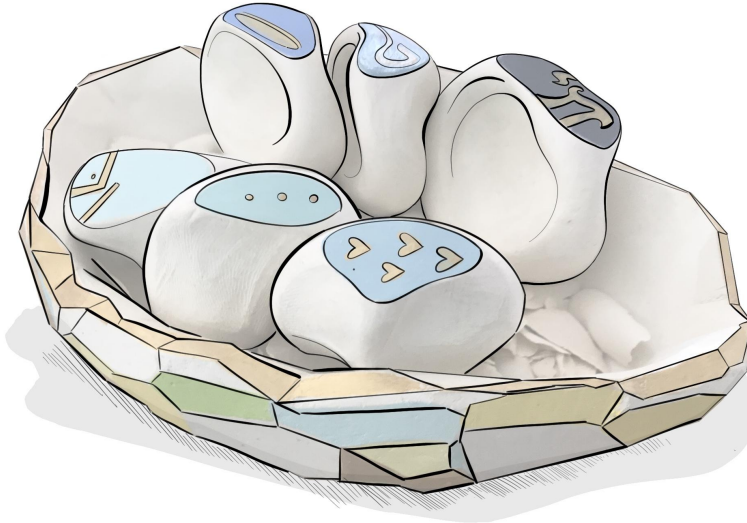
STRESSED?!



TRY THE RELAXATION STONES KIT

FIRST, GET CRAFTY

- DIY craft project
- Make something personal and functional
- Choose colors you find most soothing



THEN, USE FINISHED PRODUCT FOR STRESS RELIEF

- Smooth, cool clay feels relaxing to the touch
- Made to the shape of individual hand feels natural and comfortable
- Groove for thumb to rub feels comforting and provides place to direct nervous energy
- Symbols representing various stressors invite prayer and meditation focused on specific trouble

WHY IT WORKS

“A creative act such as **crafting can help focus the mind**, and has even been compared to mediation due to its calming effects on the brain and body.

Even just gardening or sewing releases dopamine, a natural anti-depressant. Creativity reduces anxiety, depression, and stress... And it can also help you process trauma”

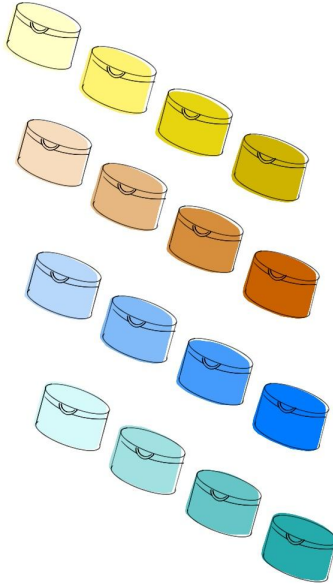
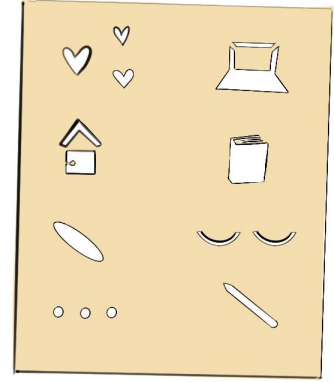
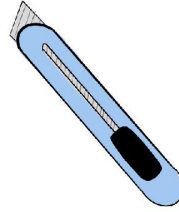
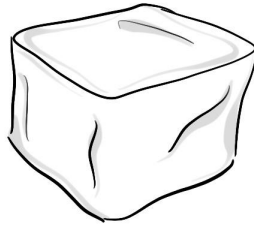
Stahl, Ashley, “Here's How Creativity Actually Improves Your Health.” Forbes Magazine, Jul 25, 2018

“The use of worry stones is one of many folk practices that can function as psychologically healthy self-soothing exercises... **The rubbing of the stone can create a sense of relaxation making the mind more relaxed and generating a sense of calmness**...There are also people that may use them during meditation practices, this is known to center a person's concentration benefiting the meditation.

https://en.wikipedia.org/wiki/Worry_stone

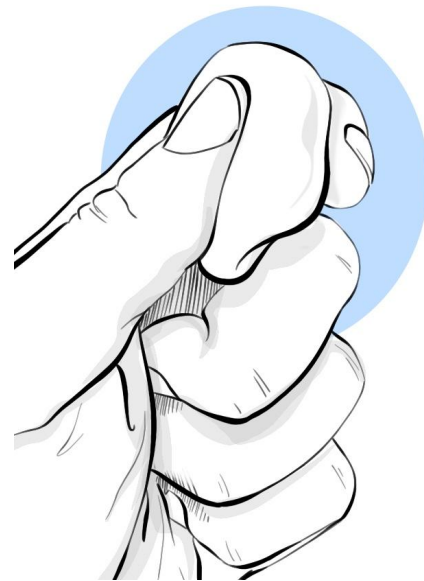
KIT CONTAINS

1. Air dry clay
2. Craft Paint
3. Utility Knife
4. Stencils
5. Information on meditation, breathing techniques & the power of intentional thought and action



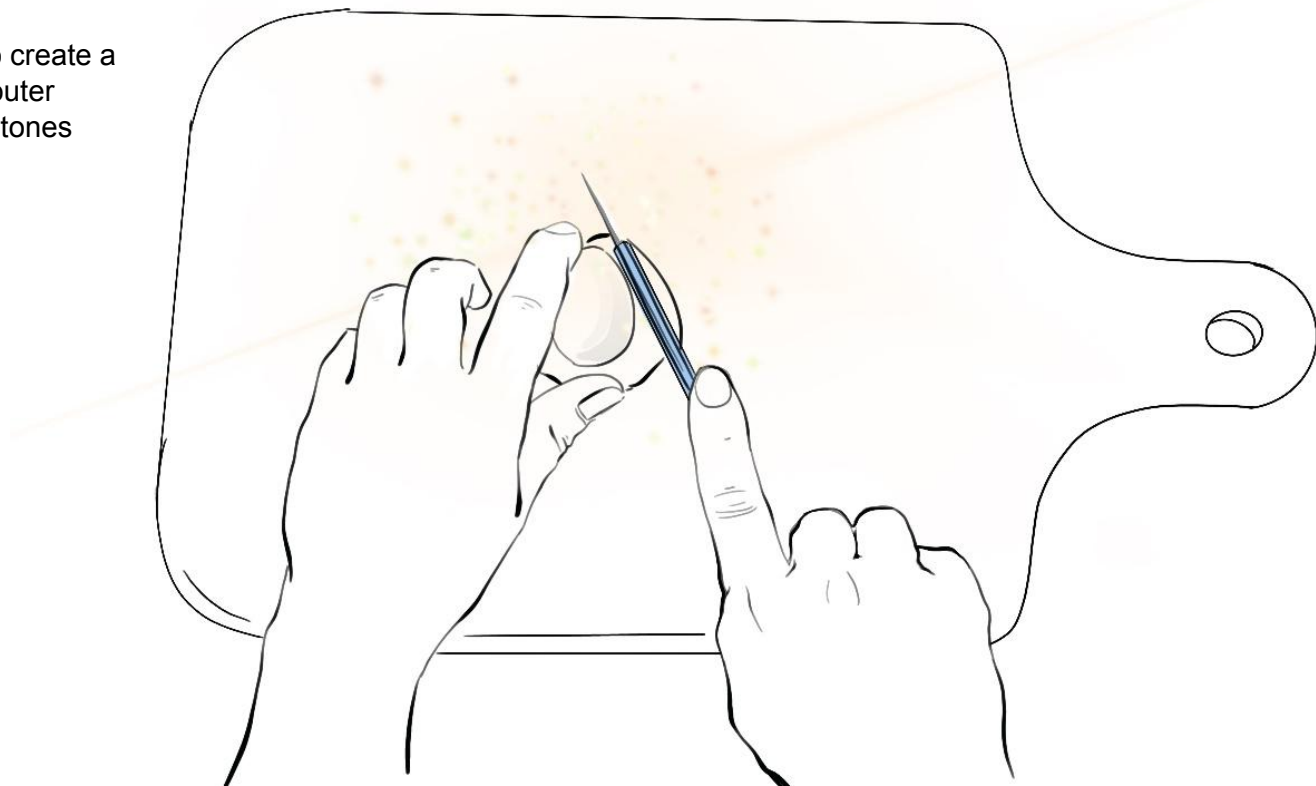
STEP 1:

- Cut a piece of clay roughly the size of a prune out of the block of air-drying clay
- Squeeze between thumb and pointer finger
- Let dry for 30-60 minutes
- Make 5 more!



STEP 2:

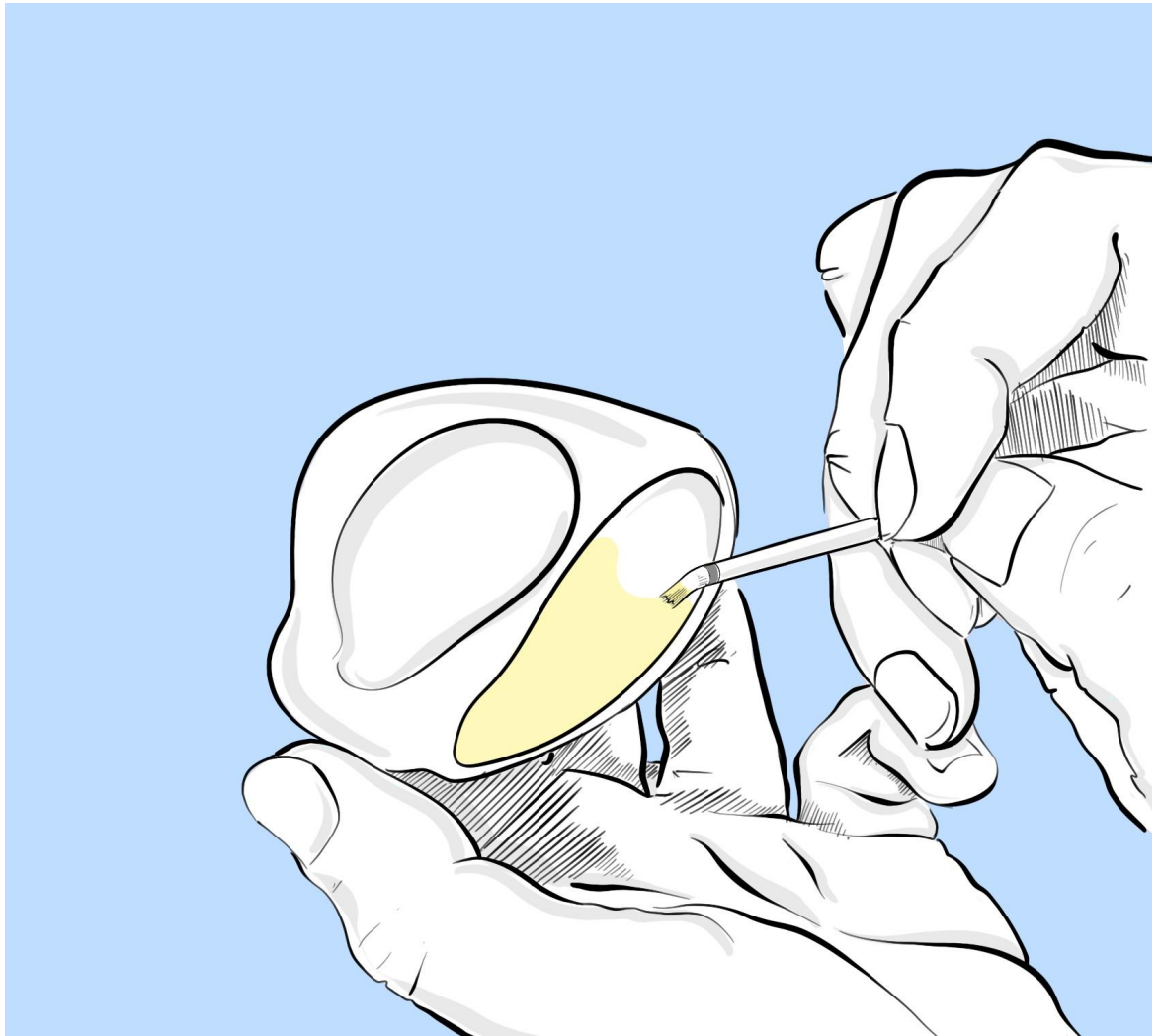
-Use the utility knife to create a smooth plane on the outer facing surface of the stones



STEP 3:

-Paint the flat surface in a color
you find soothing

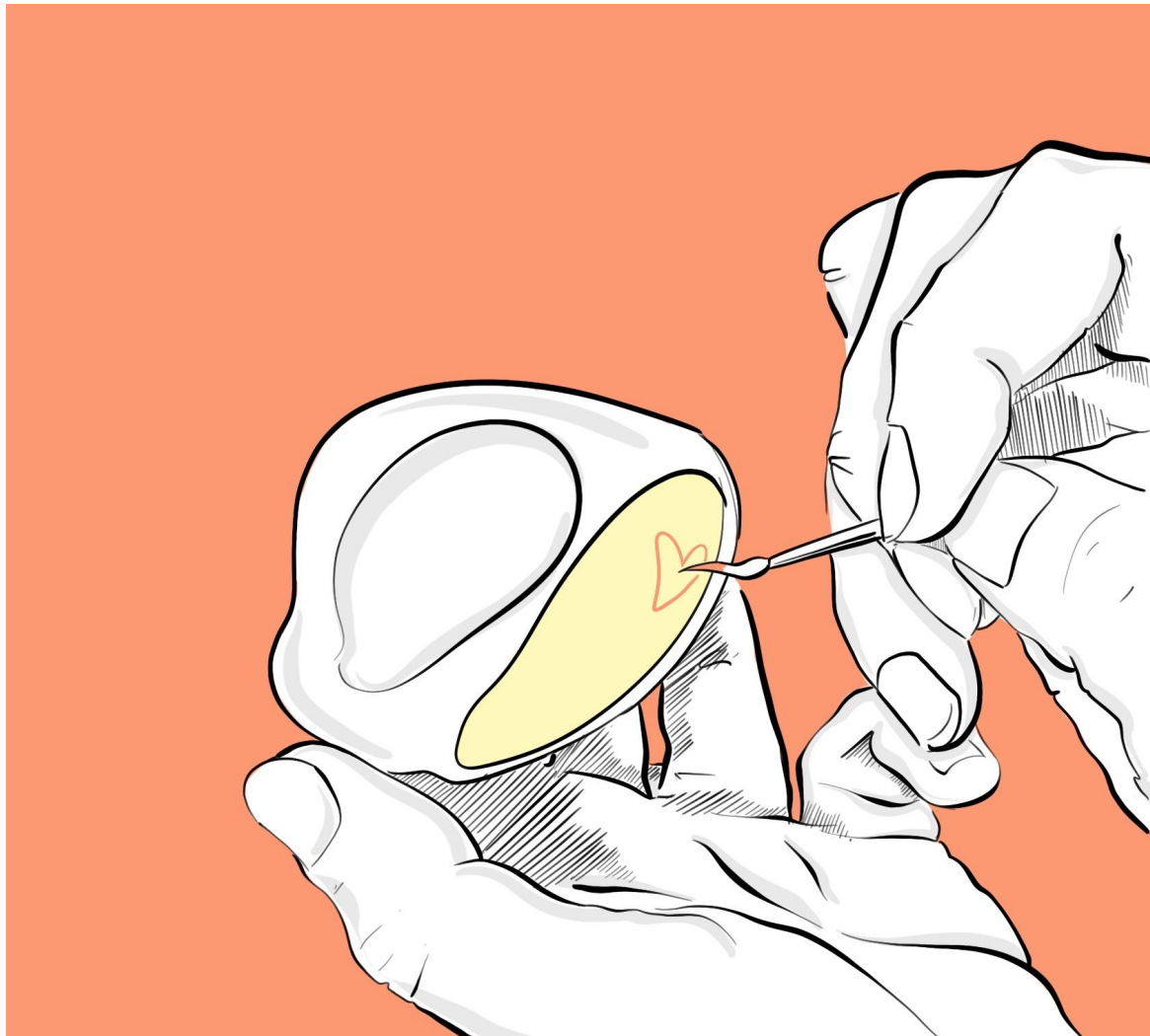
-Let Dry



STEP 4:

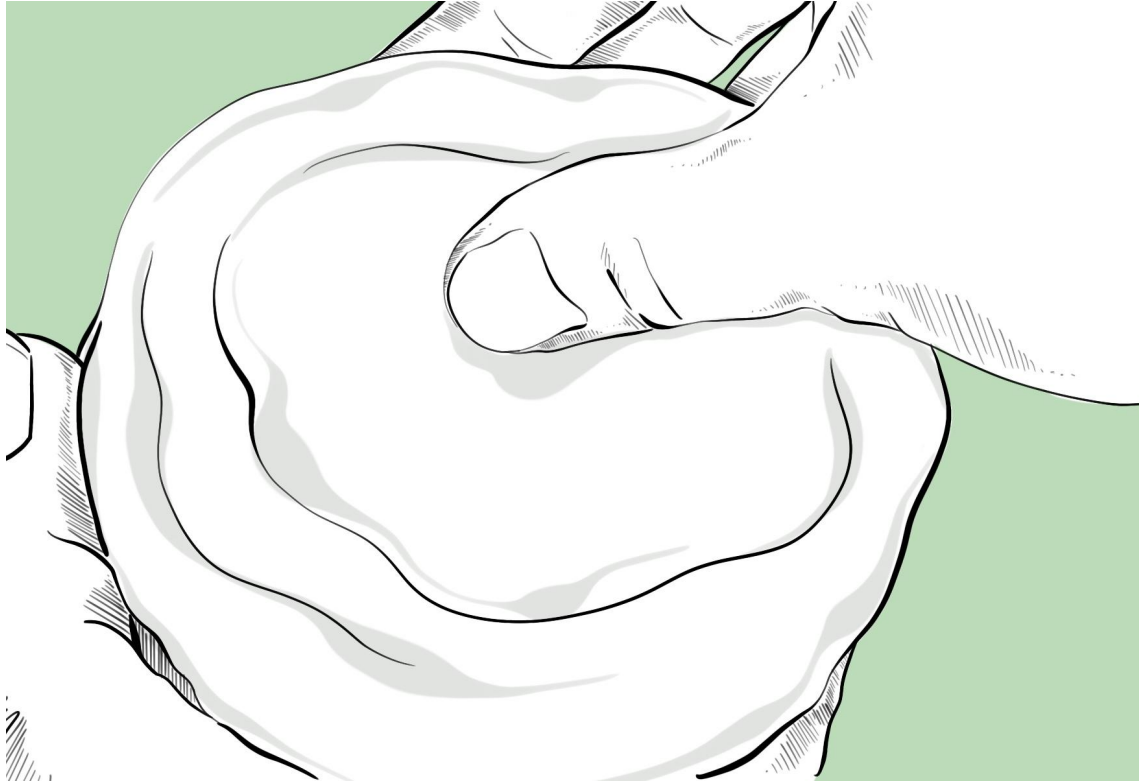
- Choose a secondary color
- Paint a Meaningful Symbol that represents a common Trigger on the flat plane
- Use the Stencils provided or Make up Your Own
- Tip: Abstract or customize the symbols so their meaning is known to you alone
- Suggestions of possible Triggers to depict:

Money
Relationships
Health
Family Matters
Work



STEP 5:

- With the remaining clay, create a pinch-pot to hold your stones
- Perfection is not the point, so just enjoy the feeling of the clay in your hands.
- If you like, use the utility knife to carve into the dried pot
- Paint with colors to match or compliment the colors of your stones



STEP 6:

- Anytime you are feeling stressed, worried, or anxious, take a moment to consider what is causing these feelings

-Select the stone that best represents the current stress trigger

-Stroke the thumbprint engraved within the dried stone

-Feel the cool, smooth texture on your hands

-Focus on positive thoughts and hopeful outcomes and press them into the stone

-Breathe it out, rub it in



BREATH IT OUT



RUB IT IN