

# Dealing with Stress Handout

## Herbal Eye Pillow

Ingredients:

- 2 fabric pieces 9.5 in x 4.5 in, cotton, silk, or satin
- 2/3 cup rice
- 1/3 cup dried lavender flowers

Instructions:

- With the right sides together and a ¼ inch seam allowance, sew around the 2 pieces of fabric. Leave 2 inches open on a short end for turning and stuffing. Clip the corners, turn right side out and press. Fill the pillow with rice and dried lavender. To use, just lean back and lay the pillow across your eyes. Now go and relax.

## Lavender Play Dough

Ingredients:

- 1 cup of flour
- ½ cup salt
- 2 tbs of cream of tartar
- 2 tbs of oil
- Food coloring
- 1 cup boiling water
- ½ tsp of Lavender oil

Instructions:

- Mix dry ingredients in a large mixing bowl. Combine the food coloring and Lavender oil into the boiling water. Make a well in the center of the dry ingredients and pour in the water. Mix well and turn onto parchment paper to cool.

## Peppermint Shower Bombs

Ingredients:

- 2 cups baking soda
- ½ cup citric acid
- 20 drops Peppermint essential oil
- 1 ½ tbsp water
- 6 drops food coloring

Instructions:

- Pour the baking soda and citric acid in a mixing bowl and stir well. In a small bowl add water, essential oil, and food coloring, mix well. Slowly add three to four drops of the essential oil mixture at a time, do not pour. Drop tablespoons full of the mixture into

your desired mold and pack the mixture into your desired mold and pack the mixture well. Once the mold is filled, set aside, and allow to air dry for 4-8 hours. To use, place it in the shower or bathtub with water and allow to fizz.

## **Stress Ball**

### Ingredients:

- ½ tsp water beads
- ½ cup water
- Balloon
- Water bottle

### Instructions:

- In an empty water bottle, combine water beads and water. Let the beads soak up the water for at least 12 hours. Slightly inflate balloon and put over the mouth of the water bottle. Slowly turn bottle upside down and allow beads to fill balloon. Release any extra air in balloon and tie. Gently squeeze balloon when feeling stressed!