

ARISE Family Tools Cards



Air out your home;
bring in fresh clean air.
Blow out the negatives.

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Avoid bringing workplace
frustrations home and drop
family related issues on your
door step prior to going to work.

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The kitchen is where
we discuss the day's
events as a family.

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Lose your temper and you
become the household
distributor for **STRESS**.

CHILL!

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Shift into neutral when someone
is speaking to you so you are able
to listen attentively not only to the
words, but also to the feeling of
what is being said.

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Surprise them. E-mail or
text something sweet, like
"I love you", "I miss you" or
"I'm thinking of you"

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Wash away the days
anger & negativity as
you would after dinner
dishes, pots & pans.

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Every time you wash your hands,
SMILE and send the stress,
worries and frustration you feel
down the drain.

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Treat your kids with the same
RESPECT as you treat your boss.
You wouldn't think of yelling and
pointing your finger in their face.

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Smile at your kids just
as you would when
being introduced to a
new friend.

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