

# SENIOR MINDFULNESS KITS



## SUPPORT SENIORS IN THE VALLEY—HELP CREATE MINDFULNESS KITS!

Mindfulness practices have been shown to support older adults in managing stress, improving focus, enhancing self-awareness and reducing anxiety. For many homebound seniors, these simple, soothing activities can offer a powerful sense of calm, connection and personal empowerment.

### ASSEMBLE KITS WITH A GROUP:

Gather your coworkers and spend time assembling kits that uplift and inspire. Each kit will include items such as:

- ✓ Socks
- ✓ Flashlight
- ✓ Pens
- ✓ Colored pencils
- ✓ Game booklet
- ✓ Journal
- ✓ Stress ball
- ✓ Nutritious snack
- ✓ Encouragement cards

These kits will be delivered to homebound seniors throughout Maricopa County—offering not just tools for mindfulness, but a reminder that they are seen, valued and cared for by their community.

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