

# The *Stress Free Kids*<sup>®</sup> Company

**We are committed to helping children, teens and adults decrease stress, anxiety and anger.**



## **Stress Free Kids - Corporate Overview**

We have developed a line of children's books, CDs, and curriculums designed to help children manage anxiety, stress, and anger while promoting self-esteem and peaceful sleep. We are the first to introduce research-based, stress management techniques in this unique storytelling format. We have been embraced by psychologists, child life care specialists, teachers, counselor, parents, military families, yoga fans, the Autism and Special Needs community and most importantly children. America is facing a mental health crisis. According to the ADAA (Anxiety Disorders Association of America), anxiety disorders are the most common mental health disorder facing children today. And, according to the AACAP (American Academy of Child and Adolescent Psychiatry), 70% of school age children say that they worry.

Every parent in the world wants their children to learn to relax, improve their self-esteem, manage anger, and fall asleep more easily. Our products will introduce you and your children to the proven techniques of deep breathing, progressive muscular relaxation, visualizations, and affirmations/positive statements.

Finally, we have added CDs for teens and adults as well as all music CDs because we want your entire family to be able to more effectively manage stress, anxiety and anger while learning to relax.

## **Lori Lite - Principal**

Lori Lite, founder of *Stress Free Kids*<sup>®</sup> provides fun parenting solutions to everyday stressors, bringing wellness to daily living. Her accessible tips, stories, and parent's guide show families how to integrate relaxation exercises and activities effortlessly throughout the day.

Lori's stress recovery journey led her to create an award-winning line of books, CDs, and curriculum designed to help children, teens, and adults decrease stress, anxiety, and anger. Lite is considered a resource for parents, psychologists, therapists, child life specialists, teachers, military, and yoga instructors. She has been nationally recognized on programs such as ABC's Shark Tank and CBS News.



For more information about our company's product offerings, please go to our web site: [www.stressfreekids.com](http://www.stressfreekids.com).

Her sought after practical tips and articles can be found in hundreds of publications such as USA Today, Family Circle, Real Simple Magazine, Modern Mom, Today's Parent, Working Mother Magazine and Dr. Sears. Her constant upbeat presence on Facebook, Twitter, and Pinterest make her a real-time resource to parents around the world. Lori's best-selling relaxation CD- Indigo Ocean Dreams is also available in Spanish and her titles will be released in Japan, Turkey, and South Korea. Adams Media will be releasing STRESS FREE KIDS: A Parent's Guide to Helping Children Build Self-Esteem Manage stress and Reduce Anxiety in Children -January 2014.

Ms. Lite has been interviewed and written articles for several media outlets, including: ABC Radio; CBS News; USA Today; Web MD; Stress Free Living; Mind, Body, Soul and Evolve. She has also been featured in several publications which include Prevention Magazine, Parent Guide New York, Atlanta Parent Magazine, and Aspiring Woman. Lori also recently appeared on ABC's *Shark Tank*, a Mark Burnett Production, on Sunday, August 23rd, 2009.

For more information about our company's product offerings, please go to our web site: [www.stressfreekids.com](http://www.stressfreekids.com).

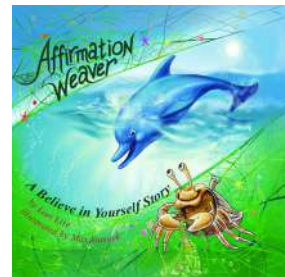
# Books *Stress Free Kids*<sup>®</sup>

Here Is Our Collection of Anxiety & Anger Management Children's Books to Help Children Sleep Peacefully.



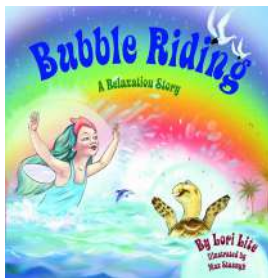
**Angry Octopus (Paperback)**

An Anger Management Story, introducing active progressive muscular relaxation and deep breathing.



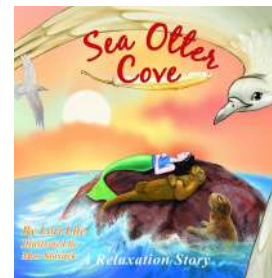
**Affirmation Weaver (Paperback)**

A Believe in Yourself Story, designed to help children boost self-esteem while decreasing stress and anxiety.



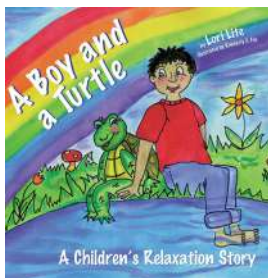
**Bubble Riding (Paperback)**

A Relaxation Story, designed to help children increase creativity while lowering stress and anxiety levels.



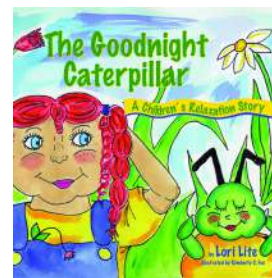
**Sea Otter Cove (Paperback)**

A Relaxation Story, introducing deep breathing to decrease stress and anger while promoting peaceful sleep.



**A Boy and a Turtle (Paperback)**

A Children's Relaxation Story, helping young children increase creativity while lowering stress and anxiety levels.



**The Goodnight Caterpillar (Paperback)**

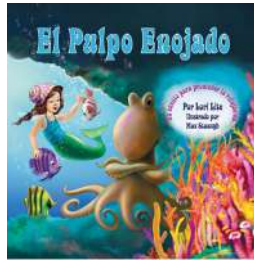
A Children's Relaxation Story, introducing young children to passive progressive muscular relaxation.

Each of these books can be purchased individually or as part of a package. To learn about pricing and how to order, please go to our web site:

[www.stressfreekids.com](http://www.stressfreekids.com)

# Stress Free Kids® Books en Español

Los libros infantiles que manejan el estrés, la ansiedad y la ira ayudan a los niños dormir tranquilamente.



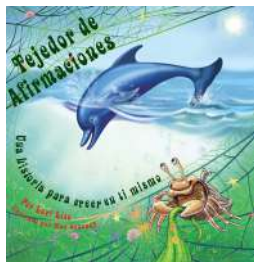
**El Pulpo Enojado (Paperback)**

Un cuento sobre cómo controlar la ira que enseña la relajación muscular activa y progresiva, y la respiración profunda



**Caleta de la Nutria Marina (Paperback)**

Un cuento para la ansiedad infantil, enseña la relajación, la respiración profunda para reducir la ansiedad, el estrés y la ira, a la vez que fomenta el sueño sosegado



**Tejedor de Afirmaciones (Paperback)**

Un cuento que aumenta la autoestima en los niños, creer en ellos mismos, mientras que reducen su estrés y su ansiedad



**Montando Burbujas (Paperback)**

Un cuento con ejercicios de relajación para niños, diseñada para enseñar a los niños técnicas de visualización para aumentar la creatividad mientras disminuyen sus niveles de ansiedad y de estrés



**El Niño y la Tortuga (Paperback)**

Una historia para la relajación diseñada para ayudar a los niños incrementar su creatividad mientras disminuyen sus niveles de estrés y ansiedad



**Buenas Noches Oruga (Paperback)**

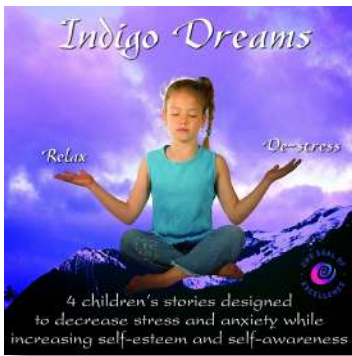
Una historia para la relajación que ayuda a los niños a controlar la ira y el estrés para que se queden dormidos sosegadamente

For pricing and ordering information about these CDs, go to our web site:

[www.stressfreekids.com](http://www.stressfreekids.com)

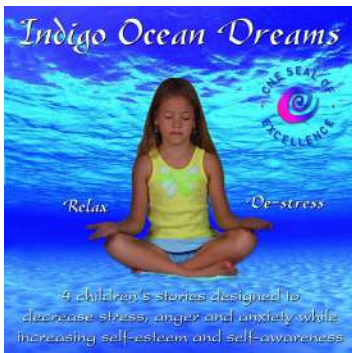
# CDs *Stress Free Kids*<sup>®</sup> For Children

Here Is Our Collection of Relaxation CDs for Children  
Designed to Help Them Sleep More Peacefully.



### Indigo Dreams Audio CD

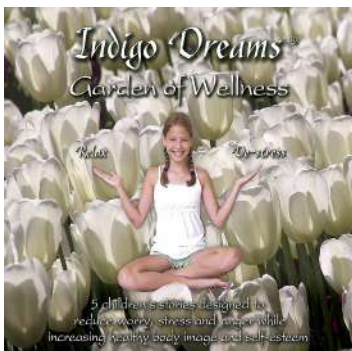
All 4 stories with soothing music (approximately 60 minutes) by Lori Lite is designed to entertain your child while introducing them to relaxation and stress-management techniques. Four unique bedtime stories incorporate breathing, visualizations, muscular relaxation and affirmations. These are the same techniques recommended for adults but presented in a fun, interactive format that appeal to children. Children follow the characters along as they learn belly breathing with A Boy and a Bear, make positive statements with The Affirmation Web, visualize with A Boy and a Turtle and relax with The Goodnight Caterpillar. All four of these stories are also available in book format. Ideal for younger children ages 4-9, as an introduction to stress management.



### Indigo Ocean Dreams Audio CD

This 60 minute CD/audio book is designed to entertain your child in an ocean setting while introducing them to four relaxation and stress-management techniques. Children follow their sea friends along as they learn to release and manage anger with Angry Octopus, build self-esteem with Affirmation Weaver, implement breathing with Sea Otter Cove and visualize with Bubble Riding. Designed as the sequel to Indigo Dreams, this CD offers longer stories and expands on the relaxation techniques of breathing, visualizations, muscular relaxation and affirmations. Ideal for older children ages 6-12, or as step two for those already familiar with Indigo Dreams. Engaging characters present these adult level techniques in an easy to follow format that makes it fun for any child to learn.

The narration is accompanied by calming sounds of dolphins, sea otters and gentle waves. An additional music sound track is included to further enhance your child's relaxation experience. These proven techniques encourage wellness and provide tools for children who suffer from anxiety, stress, trauma, hyperactivity, anger, sleep issues and lack of confidence. This kids relaxation CD is ideal for bedtime, transitions and children's health.



### Indigo Dreams: Garden of Wellness Audio CD

2 new stories with 3 practice sessions and relaxing music

Narrated by Lori Lite (approximately 60 minutes) by Lori Lite

Indigo Dreams: Garden of Wellness contains stories and techniques designed to entertain your child while empowering them to live a life of wellness. Practical, easy to follow techniques are presented in each purposeful story. Three additional wellness practice sessions are provided and accompanied by relaxing, uplifting music.

These CDs can be purchased individually or as part of our Indigo Dreams 3 CD set. For additional pricing and ordering information, go to our web site:

[www.stressfreekids.com](http://www.stressfreekids.com)

# CDs *Stress Free Kids*<sup>®</sup> For Teens/Adults

**Guided Relaxation techniques with music  
(Also available as mp3 downloads).**



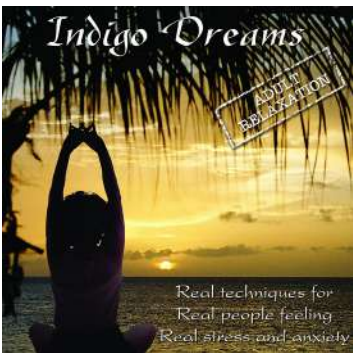
## **Indigo Teen Dreams Audio CD**

Research-Based, guided Meditation/Relaxation techniques with uplifting music (approximately 60 minutes)

by Lori Lite

Indigo Teen Dreams allows teens to manage stress, anger and anxiety while increasing self-esteem and self-awareness. Teens explore relaxation and stress-management techniques while receiving guided instructions on the techniques of breathing, visualizations, muscular relaxation and affirmations. This straight forward, easy to follow approach encourages teens to take charge of their own feelings and stress. It provides a safe place where teens can be themselves while not worrying about peer pressure or living up to any ones expectations. It is motivating, encouraging and instructional at the same time!

Additional uplifting music sound tracks are provided to further enhance their relaxation experience. These proven techniques provide tools for teens trying to make their way in today's world. Teens are encouraged to make good choices and believe in themselves while managing stress and anger. Great for teens entering Middle School through High School.



## **Indigo Dreams: Adult Relaxation**

Research-based, guided meditation/relaxation techniques with calming music (approximately 60 minutes)

by Lori Lite

Experience four straight forward, no-nonsense, stress-management/ meditation techniques that are accepted and used by both the traditional medical and holistic communities. You will not find any philosophies, theories or fluff presented here because frankly, we do not have time for that and chances are... neither do you.

Enjoy and learn four stress-management techniques; breathing, affirmations, visualizations and muscular relaxation accompanied by soothing, uplifting music to further enhance your relaxation experience.

Now you can watch your whole family manage stress and anxiety!

For pricing and ordering information about these CDs, go to our web site:

[www.stressfreekids.com](http://www.stressfreekids.com)

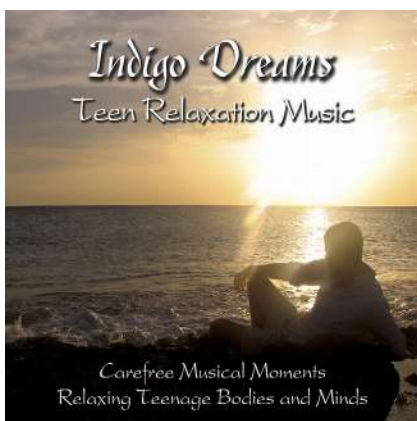
# Stress Free Kids<sup>®</sup> Music CDs for all ages.

Relaxation music CDs (Also available as mp3 downloads).



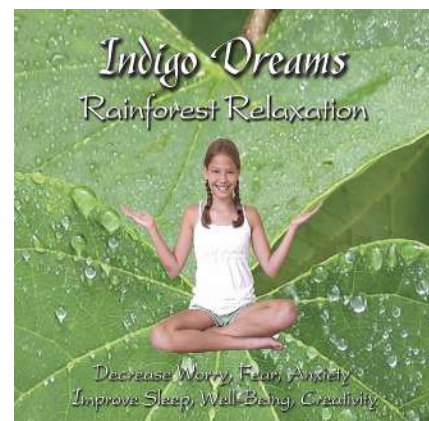
## Indigo Dreams: Kids Relaxation Music

Kids-Decreasing Stress, Anxiety and Anger, improve sleep.



## Indigo Dreams: Teen Relaxation Music

Teens-Decreasing Stress, Anxiety and Anger, improve sleep.



## Indigo Dreams: Rainforest Relaxation

Rainforest Relaxation Music-Decrease Worry, Fear, Anxiety. Improve Sleep, Well Being, Creativity.

For pricing and ordering information about these CDs, go to our web site:

[www.stressfreekids.com](http://www.stressfreekids.com)

# Stress Free Kids® Curriculum

This curriculum is designed to introduce research-based, stress management and relaxation techniques to children of all ages.



*“The set up of this curriculum makes it easy to introduce young children to concepts and practices that many of us are anxious to more fully include in our classrooms.”*

Tim Seldin  
President - Montessori Foundation

## Stress Free Kids Teachers Kit Introduces lesson plans to Reduce Anxiety, Stress, Anger, Worry while Increasing Self-Esteem

Lessons based on research-based, stress-management/relaxation techniques designed to decrease stress and anxiety while increasing self-esteem and self-awareness. Children learn the empowering techniques of progressive muscular relaxation, breathing, visualizations, and affirmations in a safe, fun and interactive environment.

This turnkey curriculum creatively integrates lessons, stories, songs, movement and artwork to make it easy for any teacher or parent to implement. No prior teaching experience is needed! This curriculum is written with elementary age children in mind but can be adjusted to accommodate any age group. Each lesson or session is designed to introduce research-based, stress-management techniques to encourage children to live a healthful life. Children learn to apply these empowering techniques in a safe, fun and interactive environment.

Each class is designed to be used in conjunction with the Indigo Dreams and indigo Oceans Dreams CD/audio books along with the stories in paperback format.

This program can be used alone or as the core curriculum in which you add and build your own philosophies around. The lessons or sessions are designed to be “unlimited”. There are 4 distinct lessons that begin the moment the children walk in the door to the moment they leave. Lessons can be used in its entirety or broken down into mini-lessons or centers. Variations and suggestions for each lesson are included.

For more information about either of our curriculum offerings, and, to learn about pricing and how to order, please go to our web site:

[www.stressfreekids.com](http://www.stressfreekids.com)