

FEELING OVERWHELMED?

#breathedontbreak

THINGS THAT YOU CAN TRY

- Learn deep breathing and relaxation techniques.
- Set aside time for yourself- make sure you are taking breaks and doing something YOU love to do.
- Get moving! Go for a walk, exercise, stretch.
- Take care of your body- get enough sleep, eat nutritious foods if they are available, drink water.
- Reduce your (and your children's) exposure to social media and the news.
- Talk about how you are feeling- reach out to friends, family, professionals. It is okay to ask for help.

THINGS THAT YOU SHOULD AVOID

- Overdoing it on sugar, caffeine or alcohol- these can increase stress.
- Overworking, or constantly feeling pressured to be 'doing' something.
- Chasing perfection- this can create unrealistic expectations.
- Bottling up your thoughts and feelings and assuming they will go away.

FIND MORE INFORMATION ON
FACEBOOK!

FOLLOW US @ KIMBERLY'S CENTER
FOR CHILD PROTECTION



RESOURCES

- 211 COMMUNITY RESOURCE HELPLINE
- DOMESTIC VIOLENCE AND RAPE CRISIS CENTER
352-622-8495
- FL. STATEWIDE MENTAL HEALTH ACCESS HOTLINE
800- 945-1355
- FLORIDA SUICIDE HOTLINE
352-629-9595
- INTERFAITH EMERGENCY SERVICES
352-629-8868
- MARION COUNTY SHERIFF'S OFFICE
352-732-9111
- OCALA POLICE DEPARTMENT
352-369-7139
- KIMBERLY'S CENTER FOR CHILD PROTECTION
352-873-4739
- KIDS CENTRAL INC.
352-873-6332
- ABUSE HOTLINE
1-800-962-2873
- TEXT LIGHT TO 741741
- TEXT TALKWITHUS TO 66746