

## MISSION

**TO PROMOTE WELLNESS,  
EMPOWERMENT, AND LEARN  
TO COPE WITH LIFE'S  
SITUATIONS BY EDUCATION,  
TRAINING, MENTORING AND  
LINKING PEOPLE WITH A  
VARIETY OF RESOURCES**



DEVELOP A WELLNESS LIFESTYLE

KEEP THE FOLLOWING IN MIND AS YOU DISCOVER YOUR OWN WAYS TO REDUCE SYMPTOMS AND MAINTAIN WELLES:

- REGULARLY TALK TO YOUR COUNSELOR, DOCTOR OR OTHER HEALTH CARE PROFESSIONALS
- DO EXERCISES THAT HELP YOU TO RELAX, FOCUS, AND REDUS STRESS
- AVOID DRUGS AND ALCOHOL
- ALLOW YOURSELF TO BE EXPOSED TO LIGHT
- IMPROVE YOUR DIET
- ATTEND LOCAL SUPPORT GROUPS REGULARLY
- RECORD YOUR THOUGHTS AND FEELINGS IN A JOURNAL

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One Person at a Time

TO LIVE WITH DIGNITY AND WITH A  
QUALITY OF LIFE

## A TOUCH OF KINDNESS



**719-784-3962**

# Getting in touch with one's own death



- ⇒ Is there someone I now need to forgive?
- ⇒ Where in my life do I need forgiveness?
- ⇒ What in my life is my special gift to give?
- ⇒ To whom will I give my gifts?

- ⇒ What gifts have I received from those who have died?
- ⇒ Who feels close to me?
- ⇒ To whom do I feel close?
- ⇒ What do I hold back to say?
- ⇒ What do I wish others would say to me?
- ⇒ What kind of death do I fear the most?
- ⇒ When in my life have I been most afraid?
- ⇒ Where do I find peace when I feel this way?
- ⇒ Whom do I wish were still alive?
- ⇒ What do I miss most about this person?
- ⇒ What do I wish I had done before that person died?
- ⇒ What gifts have come to me from that loss?
- ⇒ If I were to live my life over again, what would I do once more? What would I change?
- ⇒ What do I still want to accomplish before I die?
- ⇒ What do I want others to remember about me?
- ⇒ Who do I want to be there when I die?

## Programs Offered

1. **Mentoring Program** works to pair clients and mentors with similar experiences. Mentors will offer their experience and hope. They are simply there to share with clients workable solutions to their problems, while remaining compassionate, understanding and objective in a caring manner. They are willing to share their time and form a friendship to prevent suicidal behavior.
2. **Speakers' Bureau** provides volunteer speakers to community centers, inpatient wards, business organizations, schools, colleges, and health professionals. Our services are available to any group looking for a speaker
3. **Volunteer Opportunities**
4. **Emotions Anonymous Support Group Meetings**

## Signs and symptoms of Depression

The signs and symptoms of depression vary depending on the form of depression. These may include:

These may include:

1. Anxiety
2. Sadness
3. Irritability
4. Crying
5. Headaches
6. Exhaustion
7. A sense of inadequacy



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