

## 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**

# What A Dying Person Wants



- ⇒ Seeing the people who were important to them
- ⇒ Saying things that are important to them
- ⇒ People want to talk about their

## death

- ⇒ Wants to be told the truth and honesty about what they can expect
- ⇒ Dying person want to feel a sense of integrity and completeness
- ⇒ Dying person wants to make choices
- ⇒ Wants companionship
- ⇒ Talking
- ⇒ Asking questions
- ⇒ Sharing feeling
- ⇒ Laughing
- ⇒ Wants to be touched

## Coping Skills

If depression is affecting your life, seeing your doctor is a necessary first step along with professional treatment. **But you can take actions to help yourself cope:**

- ⇒ **Break the cycle.** When you feel anxious, take a brisk walk or delve into a hobby to refocus.
- ⇒ **Take care of yourself.** Get enough rest, eat a balance diet, exercise, and take time to relax. Avoid caffeine and nicotine, which can worsen anxiety. Don't turn to alcohol or unprescribed drugs for relief.

- ⇒ **Talk to someone.** Share your problems with a friend or counselor who can help you gain perspectives.
- ⇒ **Learn as much as you can about your disorder**
- ⇒ **Become involved.** Find a museum, or other organization that you can volunteer once or twice a week. Do not just sit around.

## 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:

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



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