

## Reach Out!



We're Here!

Think you might benefit from more support? There are a range of wonderful resources for wherever you are and whatever challenges you are looking to navigate. You deserve to heal, grow, and have meaningful connections in your life.

## Free Resources



The resources below are open to anyone regardless of insurance status or income! The QR code will take you to Hearts 4 Mind's resource page with more options.

### We Care Jax

Specialty health care for low-income and uninsured patients.  
4615 Philips Highway, Jacksonville, FL 32207  
Wecarejacksonville.org  
(904) 674-6450

### Volunteers in Medicine

High-quality healthcare for the working uninsured.  
Two locations!  
41 E. Duval Street Jacksonville FL 32202  
Phone: (904) 399-2766  
5927 Old Timuquana Rd., Suite #2 Jacksonville, FL 32210  
Phone: (904) 539-3020  
Vimjax.org

### Here Tomorrow

Peer to peer support.  
The Meeting Place 910 3rd Street  
Neptune Beach, FL 32266  
Heretomorrow.org  
(904) 372-9087



The QR Code links to more local and national resources.

All original work  
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## Hi Friend!



## Has Life Been a Bit Much Lately?

## Self Care

Life can be really challenging but you deserve to feel supported and cared for everyday and that can start with you! By learning how to manage stress and take care of our minds and bodies we can support ourselves wherever we are at in our journey for mental wellness, balance, and peace.

**Breathe in...**

**Breathe out...**

**...Let's get started!**



## Sleep

This helps makes sure we can be at our most grounded, present and engaged while we are awake!

7-8 hours of good sleep a night for adults, 8-10 hours for teens and 9-12 hours for kids

## Food and Water

Staying hydrated and eating healthy will help you have energy through the day. Your body and mind need fuel!



## Exercise

### Stay Connected



Better with a friend!

Getting moving can help our body be strong and able to feel good doing the things we enjoy. It's not just physical though, exercise helps us move through complex emotions and thoughts!

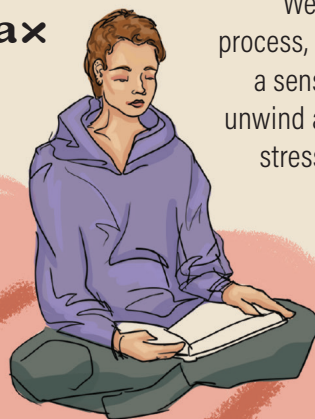
Spending time with loved ones helps us feel supported and connected, when we can show up for each other we are stronger together!

## Relax

We need down time to process, let go, and cultivate a sense of peace. Time to unwind allows us to release stress before it becomes overwhelming.

Practices to explore!

Yoga  
Meditation  
Breath work  
Journaling  
Time in nature  
Craft/Hobby



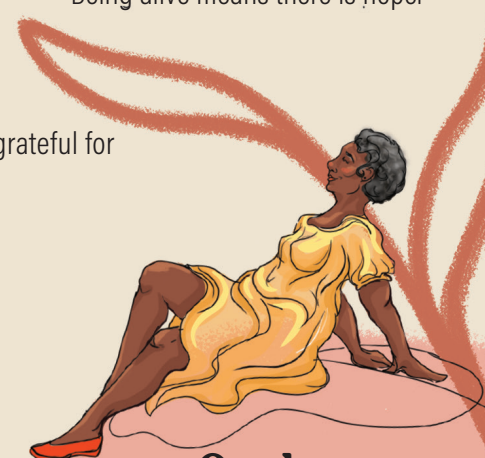
## Gratitude!

Taking a moment to name things you are grateful for helps us appreciate positives our lives and can help combat negative cycles.

Being alive means there is hope.

Today I am grateful for

- 1.
- 2.
- 3.



## Goals

A plan to work towards things that are important to you is helpful! When planning, make goals that are SMART; Specific, Measurable, Achievable, Realistic, and Time Bound. Also remember, you are more than your to-do list!

These tools can be helpful for everyone, but some folks might need a bit more support on their care and wellness journeys.

**This way -->**

