



Fulfilling a Promise,
Making it Possible.

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Dealing With Stress

1. *Mental Health* – Improve Overall mental Health and psycho -education
2. *YOGA* – Gentle practice for beginners
3. *Lifeskills* – Removing barriers from your life
4. *Substance Abuse/Educ.* – Eliminate illicit substance
5. *Loss & Grief* – Dealing with loss of loved one and/or Friends, etc.
6. *Anger Management* – Manage Anger and Stressful situations
7. *Supportive Counseling*
8. *Relapse Prevention* – Maintain Recovery/Sobriety

Each day, try to Relax

Close your eyes and get comfortable-concentrate on your breathing

Breathe in... One...Two...Three...Pause

Breath out ...One...Two...Three

It is important to breath regular and in slow breathes

Try to practice regularly – Three times a day or as many times as you can