



NOT HAVING A JOB IS HARD ON EVERYONE

It may seem that there is never enough time, money, sleep or help available. It can be scary and stressful when your money situation changes.

When people feel stressed out because of worrying about money, the chance that domestic abuse might happen is higher.

It is very important to know what you can do to keep yourself, the people you love and your pets safe when you are totally stressed out.

HOW TO HANDLE STRESS

Make a list of family, friends or neighbors you can call when you feel stressed. Keep the numbers near your phone.

Write your feelings down on paper.

Take ten slow, deep breaths.

Cry or yell when no one else can hear you.

Take a 15-minute timeout.

Think about going to a support group to talk with others.

Do not use alcohol or drugs. It will make things worse.

If you feel stressed a lot, talk to your doctor or a counselor.

Call for help now!

**Safe Harbor 920-452-7640
The Crisis Line 920-459-3151**

TAKE CARE OF YOURSELF

Eat well and get lots of rest. When you are tired or hungry, even little things can seem big.

Do not use alcohol, caffeine and drugs. They can make you feel worse.

Take a walk, work out, dance or do some other physical exercise every day. It can help lower stress.

Do something special just for you. Read a book. Watch your favorite TV show. Play computer games. Spend time on a hobby. Take a long bath or shower.

If possible, share household chores.

Change the scenery. Have everyone go for a walk or ride.

Take a break from your partner or your family – visit a friend.