

PREVENTION POST

207-764-3721
PREVENTION@ACAP-ME.COM
WWW.ACAP-ME.ORG

MANAGING STRESS THROUGH NEEDS-BASED STEPS

Stressful times are filled with both joy and stress. From financial demands, negotiating the interpersonal dynamics of family, and maintaining personal health habits such as an exercise regimen or going back to old habits. The Needs-Based Next Steps are a core component of restorative practices, particularly in one-on-one restorative conversations, where the focus is on addressing the emotional, relational, or practical needs of an individual after conflict or harm has occurred. Rather than focusing on blame or punishment, needs-based next steps aim to identify what the individual requires to move forward, heal, and restore well-being. These steps are rooted in the concept that all individuals, whether they have been harmed or caused harm, have underlying needs that must be addressed for true resolution and transformation and rebuilding trust.

COPING WITH GRIEF: TIPS FOR EMOTIONAL WELL-BEING

Coping with grief can be a difficult time and can make it seem impossible to get through, but we have some ideas that could make it a little easier for you.

- Don't be so demanding of yourself during these busy times. Make sure you are getting adequate sleep, eating healthy-ish, and staying active. These will all have a great impact on your overall well-being.
- Make some time for yourself. Enjoy the peace and quiet, regroup and rethink your mind and thoughts, and avoid overdoing it with scheduling and preparations.
- Honor your missed loved ones. You could light a candle in their place, watch old videos of them, or just spend time with family and friends and talk about them.
- Talk with friends and family about how you feel and how you choose to grieve. Communication will help everyone stay on the same page. And always remember, there is no right or wrong way to grieve; do whatever helps you get through.



BOOST YOUR WELL-BEING WITH LOCAL ACTIVITIES

Staying physically healthy can improve your emotional well-being and reduces stress. Did you know your local rec department has open gym hours as well as organized activities for families too? Many municipalities also offer walking trails for you to visit and get outdoors.

Try this great resource to find a place to hike: mainetrailfinder.com

PREVENTION POST

207-764-3721
 PREVENTION@ACAP-ME.COM
 WWW.ACAP-ME.ORG

MANAGING STRESS DURING FAMILY

Stressful and emotional times can be challenging. Sometimes, it's the gathering of family that triggers an emotional response. If such gatherings cause you stress, remember these quick tips to keep yourself, and others, safe:

- Get honest. Pretending that we are looking forward to the chaos will only make it worse once the events start to unfold. It is perfectly okay to acknowledge our difficulty managing the stress.
- Seek extra support when you experience extra stress. Whether you need to have a friend "on-call" or look to a professional, if more help is needed, don't stress about adding it to the regimen temporarily.
- Create manageable goals. If we know that we are not going to be able to make it to all events, we can set manageable goals and adjust as needed.
- Get financial help if needed. If financial struggles are making it difficult to follow traditional plans, reach out to community support organizations that provide assistance.
- Be kind to yourself. If we are out there, trying to follow through with plans, acknowledge your small victories. Celebrate your wins. This life isn't easy.
- Stay connected to others that may be experiencing the same feelings.** By spending time around other people in a similar situation, it makes it easier to find solutions through the experience of others. Having experience identifying a triggered response, others may be able to point out when we are reacting to a trigger.
- Don't be too hard on yourself. Mistakes happen. We sometimes forget what we've learned. Sometimes, we realize we made a big mistake. This will pass, and everything will return to an acceptable level of chaos. Learn from the situation and prepare for next time.



HEALTHY ALTERNATIVES TO TOBACCO:

According to Catch My Breath, an anti-vaping curriculum, most middle and high school students choose not to vape or smoke. There are many other proven ways to get through daily stress without using:

ON YOUR OWN		WITH A FRIEND	FOR YOUR COMMUNITY
Practice Deep Breathing	Sing	Go for a walk/ hike	Volunteer Work
Read a Book or Magazine	Meditate	Go to the movies	Donate What You No Longer Need
Take a Warm Bath	Listen to Music	Play a Board Game	Visit a Nursing Home
Take a Nap	Have a Healthy Snack	Make Each Other Laugh	Visit an Animal shelter
Make a To-Do List	Drink Water	Go Shopping	Help You Neighbor
Do Something Just For You	Exercise	Just Talk	
Get a Massage	Snuggle Your Pet		

My Life, My Quit is the free and confidential way to quit smoking or vaping. Text "Start My Quit" to 36072 or click to chat with a Coach.

