

Create a success plan and schedule time for yourself. Take time to unwind, whether it's with a walk, deep breaths, or some alone time. Write down one thing you want to do in the new year, and schedule it.



Self-Care During Grief

1. Take Care of Yourself – Get adequate sleep, eat healthy, and stay active to help your overall well-being. Don't overdo it with scheduling and preparing.
2. Honor Your Family Members – Keep their memory alive by lighting a candle in their memory, following old traditions, or sharing stories about them.
3. Communication – Talk about how you are feeling. Communication will help the people that love you understand what you are feeling. 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

Invite a friend to visit your local recreation department to improve your emotional well-being and reduce stress. Start small and build up to 2.5 hours of physical activity a week, you can even break it up in smaller amounts of time, such as 20-30 minutes each day.

stall
talk



OUT Maine works to create welcoming and affirming communities for LGBTQ+ youth in all of their intersectional identities.

Some Tips for Setting Realistic Resolutions:

Use SMART goals to set realistic resolutions, can help promote success. SMART stands for:

- **Specific:** What exactly do you want to accomplish?
- **Measurable:** How will you know when you meet your goal? Setting short term goals that lead to the end goal will help you keep track of your progress.
- **Achievable:** Can you meet the goal? Setting lofty goals that are unrealistic can be detrimental to our mental health.
- **Relevant:** Is this goal worth the work? Do you have what you need to reach it right now?
- **Time based:** How long will the goal take and when will you work on it?

By setting small, short-term goals, we allow for opportunities for celebration and encouragement. This will help instill the belief that it can be done, and that you can reach your goal. If it is important to you, don't give up!

Most middle and high school students choose not to vape or smoke.

Text "Start My Quit" to 36072



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Prevention efforts supported by the Maine CDC.