

PREVENTION POST

Being a teen can seem like a roller coaster ride. With the pressure of school, friends, family, and being yourself – it may feel like a lot.

Positive affirmations are little things that you can tell yourself that can change the way you think and feel. By telling yourself your strengths, beliefs, and skills you can turn bad thoughts into words of support.

These sayings can change the way you view yourself and the world around you.

Here are some things you can tell yourself to help you work through life's ups and downs:

- I am proud of who I am becoming
- I am special in my own way
- I am capable of achieving my dreams
- My potential is limitless
- I am in control of my own happiness
- I deserve love and respect
- Mistakes are part of learning, and I grow from them
- I am enough just as I am



BUILDING SELF-CONFIDENCE FOR HEALTHY RELATIONSHIPS

Here are some ways to help build self-confidence for healthy relationships:

Set boundaries early and often – Setting limits is important. Know what you are and aren't ok with sharing, it shows you have respect for yourself and your values.

Speak up for yourself – Share how you are feeling is key because it shows you have respect for your partner. If you always share how you are feeling with honesty and respect, it will show that you can work through a hard situation.

Keep an open mind – Know what makes you feel happy and loved in a relationship. It will help you look for those qualities in a partner. When you know about your own flaws and accept the flaws of your partner the relationship will be healthier.

Practice self-care – Taking care of yourself will help build your self-confidence, and boost mental and physical health. Do things that make you feel happy and brings you joy. This shows you are valuable and worthy of love.

Have a talk with your family or friends. Talking is a good way to lower stress and build resilience. Here are some things you can say when you talk to someone you care about

- How are you feeling?
- How's it going for you these days?
- How are you keeping in touch with family or friends?
- What are you doing to take care of yourself?



HAVE ONE LESS THING TO WORRY ABOUT

Quit vaping, smoking, or pouches today.

MAINE QUITLINK
1-800-QUIT-NOW

ENCOURAGE OPEN COMMUNICATION

Open communication can strengthen relationships. Active listening is when you let someone share their thoughts and feelings and don't interrupt them. When they are finished sharing, try to say back what you heard in your own words. This shows you heard what they said and understood what they meant. Here are some things to get the conversation going:

- "What was the best and worst part of your day?"
- "What is taking up space in your mind right now?"
- "How are you feeling about _____?"
- "If you could start the day over, what would you do differently?"
- "What did you do today that you're most proud of?"
- "Is there anything you're worried about today/this week?"
- "It seems like something's bothering you. Do you want to talk about what's going on?"



TRY A FINGER MAZE

Using a finger to trace a maze can help us focus and be mindful. The inward journey helps us relax. A pause near the center helps us be still. The outward journey helps our hearts and minds to be calm. It can be a good idea to trace the path slowly with your opposite hand because that needs more focus. Try it!