

I-statements help express your feelings without blame. They're useful when talking about something that upsets you and shows you're sharing feelings in a healthy way.



i feel hurt...



i feel confused...



i feel anxious...

i feel upset...

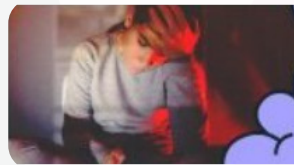
i feel stuck...

i feel frustrated...



Love your pet

- Being exposed to secondhand smoke is never safe.
- Dogs with long noses have a bigger risk of nose cancer.
- Cats are 2 times more likely to develop cancer, after 5 years the risk increases to 3 times more likely.



Vaping causes anxiety

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Maine Center for Disease Control & Prevention



OUT Maine works to create friendly and caring communities for LGBTQ+ youth.



Conversation can be a good way to get the help you need. Try talking with friends or loved ones about your worries to relieve stress and help you work through your feelings.

Healthy relationship with someone takes a lot of patience, trust, and honesty.

Here are some tips to help with build your self-worth:



- Set healthy boundaries
- Speak up for yourself
- Keep an open mind
- Practice self-care

How to Love Yourself!

- Don't compare yourself to others – We are all one of a kind.
- Be thankful for what you have – Someone else wishes they had it.
- Be kind to yourself – Celebrate your small wins.

stall talk

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