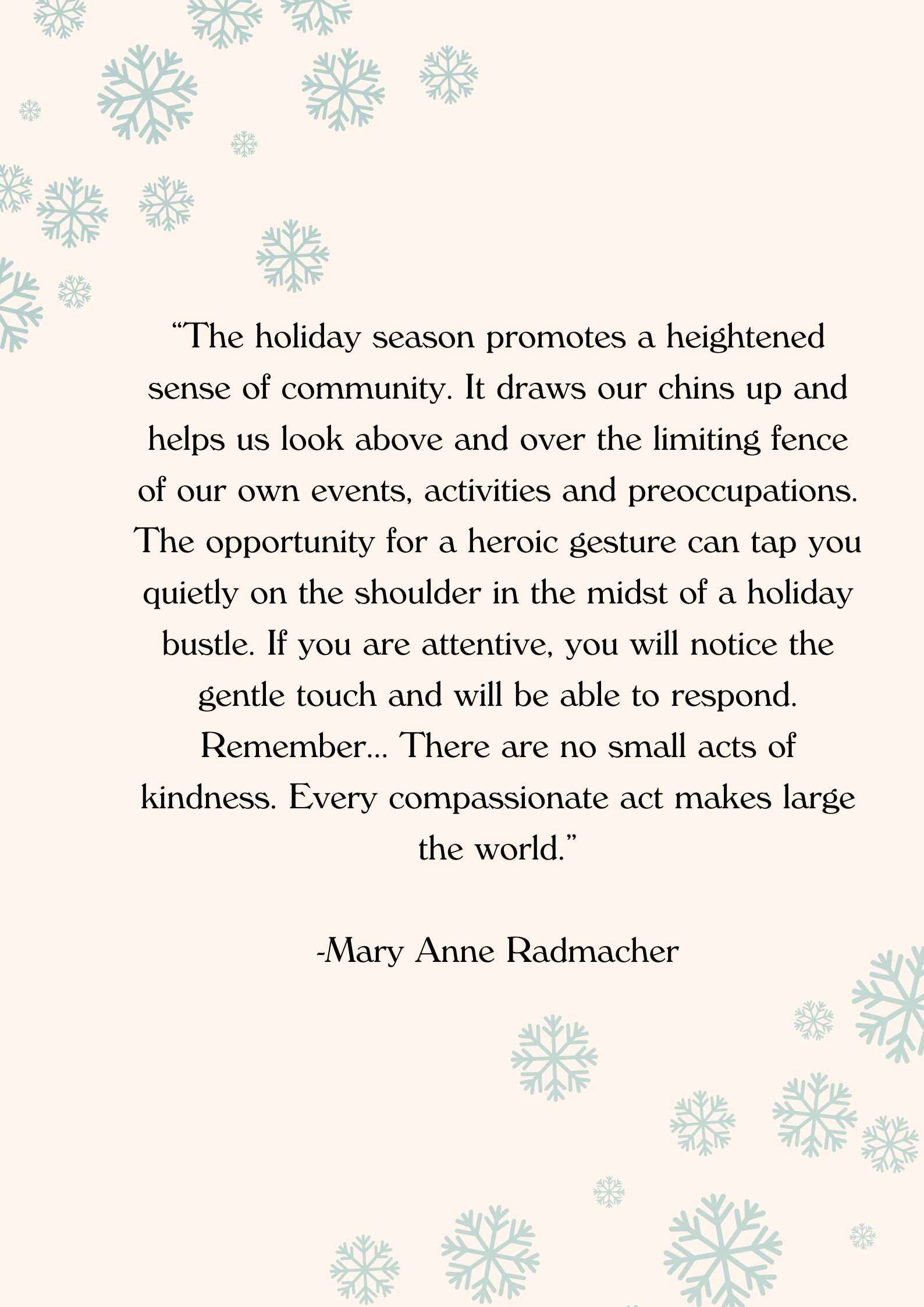




Holiday Stress Management Guide

Tools and Resources for Thriving this Holiday Season

StrengthenME is a community resilience initiative from Maine DHHS, implemented by Healthy Acadia in Hancock and Washington counties.



“The holiday season promotes a heightened sense of community. It draws our chins up and helps us look above and over the limiting fence of our own events, activities and preoccupations. The opportunity for a heroic gesture can tap you quietly on the shoulder in the midst of a holiday bustle. If you are attentive, you will notice the gentle touch and will be able to respond. Remember... There are no small acts of kindness. Every compassionate act makes large the world.”

-Mary Anne Radmacher

Connection is Important!

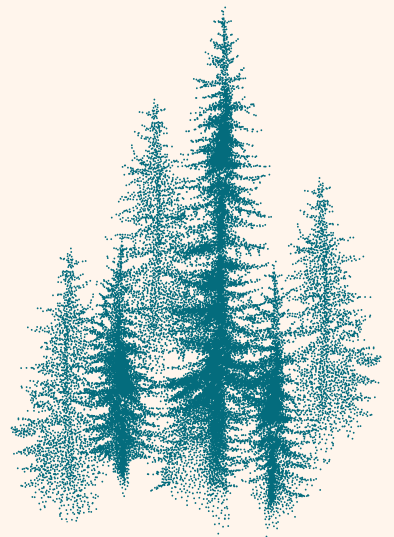
Explore these tips and offerings for staying connected this winter.



Healthy Acadia offers various programs to help you connect to fellow community members such as, Tai Chi, Monthly Mindfulness Series, Recovery Programming, and special fun activities at our INSPIRE Center.

All are welcome!

Connecting with nature can bring a great sense of grounding during stressful times. Put on a warm coat and boots, and head outside for a walk with friends in your neighborhood.



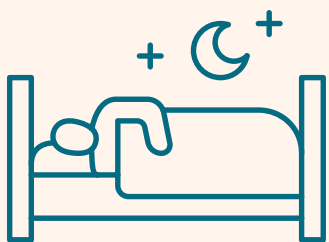
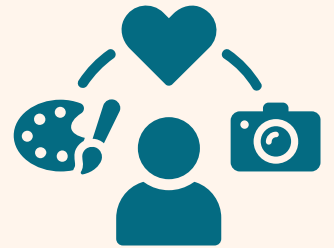
Self-Care Tips & Hints



When we are experiencing stress, we often forget to nourish our bodies. A healthy meal is important to boost our immune system, and cooking can be a form of relaxation.

Getting back to our hobbies can bring your focus to something less stressful.

Take photos of friends and loved ones, paint your feelings on a canvas or turn up that music and dance away the stress.



A restful sleep can help squash that holiday stress. Having a regular sleep routine is not only beneficial to the body, but to the mind as well.

Recovery Support

Resources for finding or staying in recovery
during a stressful time of year

INSPIRE Recovery Center

Warming center, clothing, recovery support, and
community connection. Call 207-412-2288 or visit us
M-F 8am-4pm at 24 Church Street, Ellsworth.



Healthy Acadia Recovery Support

Peer recovery coaching, recovery-based events,
PROSPER Initiative for parents in recovery, and
other services across Hancock and Washington
counties. Learn more at healthyacadia.org or call
207-667-7171.



Downeast Recovery Support Center

Recovery-based events and services in Machias,
ME. Call 207-259-6238 or visit M-F 10am-6pm at
11 Free Street, Machias.

Housing, Heating, and Food

Compassionate sources for meeting basic needs
and supporting our health

Maine 211

Statewide services directory and assistance program
for supporting with basic needs. Call or text “211” or
visit 211maine.org.



Downeast Community Partners

Heating assistance, transportation, events, and other
resources for reducing the impact of poverty in
Downeast communities. Call 207-664-2424 or visit
downeastcommunitypartners.org.



Loaves and Fishes Pantry

Food access projects and food pantry in Hancock
County. Call 207-667-3463, or visit at 137 Downeast
Highway in Ellsworth.

Crisis Resources

Phone/text lines that connect you to real people who can help if you feel like you or a loved one is experiencing a crisis.



Suicide & Crisis Lifeline - People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.

Call or text 24/7



1-866-834-HELP (4357)

The statewide Domestic Violence Helpline connects callers with advocates and provides information, crisis counseling, emotional support and advocacy.

StrengthenME is a statewide stress reduction and community wellness effort from the Maine Department of Health and Human Services, implemented by Healthy Acadia in Downeast, Maine.

We wish you a safe and restful holiday season!

