



## **STERB'S: SHORT TERM ENERGY RELIEVING BEHAVIOURS**

### **STERBs OR SHORT-TERM ENERGY RELIEVING BEHAVIOURS:**

Are different things, activities, actions that we turn too when we are trying to avoid, dismiss, or redirect our attention away from our stress, hurt, or worries.

Everyone can have different set of STERBs for the different stresses, emotions, worries in their life. Watch out for new ones to appear!

We are all programed to turn to these through our social media, parents, friends, and mentors, so give yourself and your students grace and room to grow with awareness around the hidden meanings behind them.

### **SOME EXAMPLES STUDENTS MAY USE ARE:**

**EATING - ANGER - FANTASY - ISOLATION - EXERCISE - SHOPPING - FOOD -  
CLEANING - ALCOHOL - SOCIAL MEDIA – SELF HARM - VIDEO GAMES**

### **HOW YOU CAN SUPPORT YOUR STUDENTS:**

**O**pen with your feelings

**P**atiently wait for them to talk

**E**stablish a tone of trust and compassion

**N**ote that grief is emotional, not intellectual

**E**ach reaction is normal and natural

**A**void phrases that discourage painful feelings

**R**emember, listen with your heart, not your head

**S**ummarise by acknowledging their feelings



*Carleen Ross Coaching*  
Rediscover yourself following a loss

www.CarleenRoss.com  
780-860-9664  
CarleenCRC@gmail.com