



## **STERBS** OR **SHORT-TERM ENERGY RELIEVING BEHAVIOURS**

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

Everyone can have a different set of STERBs for the different stresses, emotions, and worries in their life, so watch out for new ones to appear!

We are programmed to turn to these through our social media, parents, friends, and mentors. Give yourself and others grace 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 - *to name only a few.***

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### **How you can support others:**

**O**pen with your own feelings about the situation.

**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.