



Inside this issue:

Forgiveness.....Pg 1
Love and Money.....Pg 2
Leave Work at Work.....Pg 2
Upcoming Events.....Pg 2

The Power of Forgiveness

“The weak can never forgive. Forgiveness is the attribute of the strong.”

-Mahatma Ghandi

The act of forgiveness is the most effective way to diminish the past’s hold on the present. According to Stanford University’s Forgiveness Project, “forgiveness consists of taking less personal offense; reducing anger and blame toward the offender; and developing an increased understanding of the situation.” It is the gift we give ourselves to experience healing. In blaming others, we give them power over us. Forgiveness allows us to take that power back.

The common adage, “forgive and forget” is misleading. Forgiveness has nothing to do with forgetting. Those who forgive do not forget or justify the misdeed. They acknowledge the hurt and recognize that harmful actions have consequences. Letting go of the resentment does not deny the offender’s responsibility. According to the Mayo Clinic, the act that hurt you may always be a part of your life, but forgiveness can lessen its grip on you and help you focus on other positive parts of your life.

Forgiveness increases the chance of improved health – both mentally and physically. A decrease in anger, depression, anxiety and stress can all result from forgiveness. Studies show that peace of mind and enhanced relationships are also benefits resulting from forgiveness. You may also experience a greater sense of hope, gratitude and joy. Correlations have been made between forgiveness and better sleep, fewer headaches, lower blood pressure, and a reduced risk of alcohol and drug abuse.

The truth is there is little or no training on the act of forgiveness. It is 100% your responsibility. You shouldn’t wait for the other party to admit their wrong-doing. That will keep you mired in the past. So in allowing yourself to move forward, remember that forgiveness (of the same offense) is a decision that may need to be made more than once – for as long as necessary. For more practical guidelines, here are some of the Forgiveness Project’s Dr. Luskin’s steps to consider:

1. Know exactly how you feel about the situation and be able to articulate what is not okay.
2. Forgiveness is for you – Make a commitment to do what you have to do to feel better.

3. Forgiveness does not necessarily mean reconciliation or condoning the hurtful action. What you are after is peace.
4. At the moment of anger practice a stress management technique like deep breathing to calm down.
5. A life well lived is the best revenge. Instead of focusing on your wounded feelings, learn to look for love, beauty and kindness.

Forgiveness is about personal power. It is a commitment to the process of change. A logical place to start is to realize the value of forgiveness and its importance in your life. It can bring physical, emotional and spiritual well-being. Once you have started down that path, congratulate yourself on the courageous choice to forgive and reap the many rewards.



Love and Money

In today's economy almost everyone is experiencing a different personal financial situation than they are used to. Stress caused by money issues is becoming more and more common and has a greater impact when it comes to our relationships. Success, when dealing with money and relationships, comes down to a few important concepts: honesty, communication and compromise.

What we learn or experience when we are young, in regards to money, has a huge impact on our financial habits as adults. Whether you were spoiled as child; always saw your parents fighting about money; or only saw your mom balancing the checkbook or paying bills, you carry these beliefs and expectations into your adulthood and eventually into your relationships. Here are some good tips to follow when it comes to merging love and money in our lives.



For starters, coming clean about your financial history once you get engaged is very important. Everything from credit reports, to debt, to your current income, should be disclosed to your partner. Also, be sure to discuss past and current money habits as well as what the financial situation was in their home growing up. Having different expectations about money and how it should be spent can cause serious communication barriers in your relationship. This is why discussing money up front is so important.

Next, set up a set of rules and guidelines to deal with money in your household. A few baseline examples would be: to establish a budget; agree that major purchases need to be decided upon by both parties (houses, cars, furniture, electronics); agree that there will be no financial secrets; and meet regularly to discuss your family's finances. If one person is designated as the money manager and bill payer, be sure that this regular meeting actually happens in order to keep both you and your partner in the loop on finances.

Money is a hard subject to talk about and old habits are hard to break. Keeping an open and honest dialogue about money in your relationship can keep larger issues from occurring, and keep stress at bay. Don't lay blame on each other if rules are broken, take action and refocus on your game plan.

Upcoming Events

MTT Teacher Workshop

Join us on Tuesday, April 13, 2010 for our Healthy Relationships Education Workshop!

Where: Eastland Park Hotel, Portland
Time: 9:00 am – 2:00 pm

To RSVP or for more information contact Tedda at tyeo@best4teens.org or 699.2464

Save the Date Pulling for Teens: 2nd Annual MaineTeenTalk Airplane Pull

Where: Sanford Regional Airport, Sanford, ME
When: June 19, 2010

Check our website for updates on event times and information on how to sign your team up for the pull!

Leave Work...at Work

"Don't take your work home with you." A majority of us have probably been given this tip from someone in the past. Whether it's coming from a coworker, friend, or relative; it is a tip that is worth listening to.

We are all aware of the impact the economy is having on education. School consolidation, budget cuts and the possibility of unemployment are just a few of the issues that those in education are facing on a daily basis. These issues have created huge amount of stress both at work and at home. So now, more than ever, we should ask ourselves, "How often do we take work home with us?"

Take a moment to reflect on your home life. Have the stresses of your job negatively impacted your behavior, attitude or conversations with your friends or family? If you answered yes, you're not alone. When we get stressed out, we often allow our emotions to get the best of us. Sometimes we react without thinking rationally. If and when you find yourself feeling this way, it may be time to take a break from the person, conversation or the topic at hand. Thankfully, spring is right around the corner and Maine has a great deal of activities that are fun, enjoyable and affordable. Here is some information on a few things that you can do when its time to take a break from the stress of work.

- If you're in the Bangor Area, the U Maine Museum of Art is offering Free Admission for the entire year.
- Also in Bangor, the City Forest offers walking and biking trails along with a "Bog Walk" that is free and fun for the entire family.
- If you're in the Houlton Area, there are great deal of outdoor activities. For instance, check out www.fishingworks.com and take the family fishing at Houlton Pond or Lake Nickerson.
- If you're in the Portland Area, the Portland Museum of Art is offering Free Admission every Friday from the hours of 5:00pm-9:00pm.
- Also in Portland, you can find a great deal of outdoor activities including walking and biking trails throughout the area. Go to www.trails.org for more info.