

# Empowering you...

## What does empowerment mean to you?

Take a moment to yourself to think about this. Whatever you thought of, that is what empowerment means. Yes, there may be a definition for the word 'empowerment', but empowerment is unique to everyone for what they want to develop or work towards to have that feeling of fulfilment.

One of Victim First's aims is that we strive to help victims and witnesses of crime to feel empowered. But what does this actually mean? We are a solution focused service and the support is led by the service user. We do this by listening to the service user's needs and provide relevant advice and information for them to then make their own decisions. Under the Victims Code it states that all individuals who are victims of crime are entitled to support and to have their voices heard.

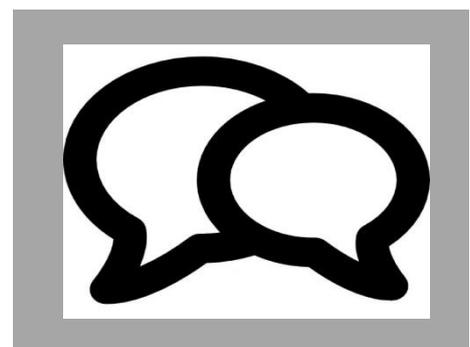
We have a range of services that aims to put the victim first.

Our Restorative Justice process allows those who have been harmed to have the harm restored by having any questions answered or to explain the impact the crime had on them to the person who has harmed them. This re-empowers the victim to allow them to have their voice heard when throughout the justice process they may feel they have lost it.



We can also provide practical support whereby we offer crime prevention advice and security measures, empowering service users to feel safer after a crime has taken place.

We also use our solution focused approach to provide service users with emotional support where we support them to work towards their set outcome of recovery. This can be provided through a range of techniques such as the stress bucket.



# It's time to have a go at an activity!

## Stress bucket

Imagine if you kept pouring water into a bucket what would happen? The water would overflow.

So how do we make sure the bucket doesn't overflow? We need to put a slow flowing tap to release some water so that we can still allow more water to enter the bucket.

Imagine your worries or stressor are like water in a bucket and the bucket being you.

So now let's switch this to our own worries and stressors, the same as if we kept pouring water into the bucket and letting it overflow, if we let our worries and stressors keep piling up in our life, then we would start to feel overwhelmed. Like the bucket we need a tap to release these stressors or worries. Have a moment to think about any strategies you have or use to prevent feeling overwhelmed.

One way in which we can stop ourselves getting overwhelmed is writing down our worries or stressors and then next to each one think of a way to feel better about the situation if it was to arise again or to think of a solution.

## Putting the stress bucket to use...

"I feel stressed because my neighbours keep playing music loud late at night"

A situation that is causing you stress or worry.

If the bucket overflows, unhelpful strategies develop such as being irritable due to lack of sleep, lack of concentration at work, breakdown in family connections and feeling overwhelmed and anxious.



Implementing helpful coping strategies helps manage the stressors slowly. This could include ways to manage anxiety, speaking with family about how you're feeling and having safe communication with the neighbour about what they are doing and how it makes you feel.