From suicidal to thriving

Thrive 101: what to remember

Simple answers from our overview workshop. Keep them close, and share them with the people you love.

What is the actual stigma?

The belief that someone who struggles with their mental health, or who attempts or dies from suicide, is weak, selfish, bad or broken, and above all that it's a **choice**. Shame is the result.

Which words help?

INSTEAD OF	TRY
He committed suicide.	**He died from suicide.**
She's suicidal.	**She's been having thoughts of suicide.**
He was selfish.	**He was in so much pain.**

The 3 factors that increase the risk of suicide

Extreme distress, isolation and a shift in belief.

The 3 factors that reduce the risk of crisis

Meaning, connection and contribution.

> **Second Aid** is a free, private, self-guided app that helps calm the mind and regulate the nervous system, and directs you to additional support if needed.

How can I be there for someone in crisis?

1. **S · Slow down and create stability**
   Ground yourself first, so you can be a steady presence.
2. **I · Intentional communication**
   Create a meaningful connection; it's not about fixing the problem.
3. **T · Transition to next steps**
   "How would you like to move forward?"

Is it really possible to thrive every day?

Yes. We thrive by choice, not by chance: set the intention, be aware of the 5-Star Life Continuum, and practice **5-Star CPR** (Consciously Practice Reframing).

Two simple practices

The Manifestation Game (by Amna Kahn): every statement begins with "It's totally possible..."

Flip the Script: write five things that would make a hard situation worse, write the opposite of each, then choose one step to take today.

Need help now? If you or someone you know is thinking about suicide, call or text 988 (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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