

HOW TO COPE WITH SUICIDAL THOUGHTS

Remember that while it may seem as if these suicidal thoughts and feelings will never end, this always is a temporary condition. You will feel better again. In the meantime, there are some ways to help cope with your thought and feelings.

WRITTEN SCHEDULE



Make a written schedule for yourself every day and stick to it, no matter what. Keep a regular routine as much as possible, even when your feelings seem out of control.

EXERCISE



Exercise as vigorously as is safe for you. To get the most benefit, aim for 30 minutes of exercise per day. But you can start small. Three 10-minute bursts of activity can have a positive effect on mood.

PERSONAL GOALS



Remember your personal goals. You may have always wanted to travel to a particular place, read a specific book, own a pet, move to another place, learn a new hobby, volunteer, go back to school, or start a family. Write your personal goals down.

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Information source

<https://www.helpguide.org/articles/suicide-prevention/are-you-feeling-suicidal.htm>

Steps to recover from suicide thoughts



Even if your suicidal thoughts and feelings have subsided, get help for yourself. Experiencing that sort of emotional pain is itself a traumatizing experience. Finding a support group or therapist can be very helpful in decreasing the chances that you will feel suicidal again in the future.

Identify triggers or situations

that lead to feelings of despair or generate suicidal thoughts, such as an anniversary of a loss, alcohol, or stress from relationships. Find ways to avoid these places, people, or situations.

Take care of yourself

Eat right, don't skip meals, and get plenty of sleep. Exercise is also key: it releases endorphins, relieves stress, and promotes emotional well-being.

Build your support network

Surround yourself with positive influences and people who make you feel good about yourself.



Develop new activities and interests

Find new hobbies, volunteer activities, or work that gives you a sense of meaning and purpose. When you're doing things you find fulfilling, you'll feel better about yourself and feelings of despair are less likely to return.

Learn to deal with stress in a healthy way

Find healthy ways to keep your stress levels in check, including exercising, meditating, using sensory strategies to relax, practicing simple breathing exercises, and challenging self-defeating thoughts.