

# 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.

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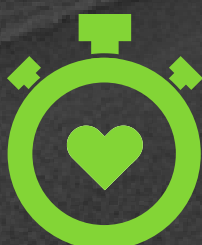
## WRITTEN SCHEDULE



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.

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## 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.

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## 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.

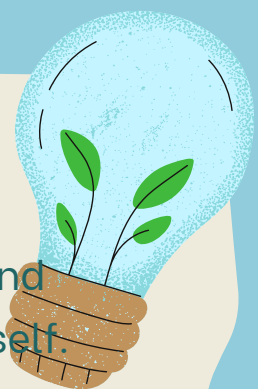


## Take care of yourself

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.

