

Working with Your Thoughts

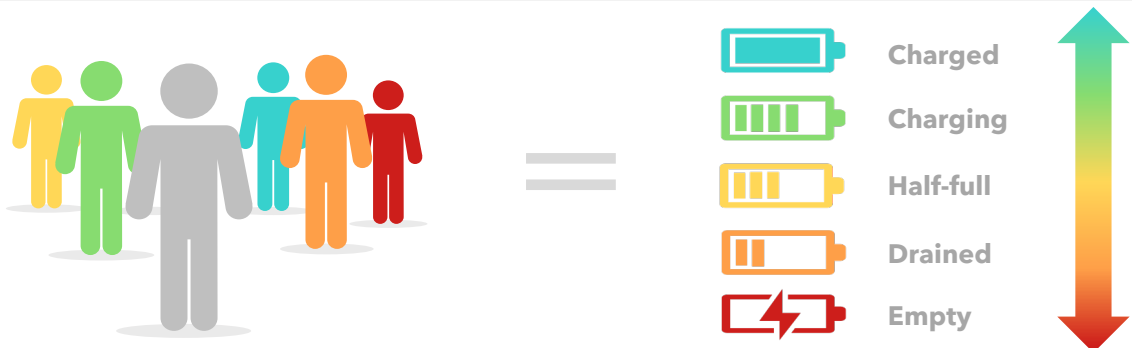


Adopted by Purse, M. (2020) What is suicidal ideation? <https://www.verywellmind.com/suicidal-ideation-380609>

Micro-skills for you to help you shift your thoughts when experiencing suicidal ideation.

- 1 Identify Triggers** – Reflect on the circumstances that lead may be leading to feelings of despair (e.g., death, loss, alcohol use, relationship stress).
- 2 Seek Help** – Once you've identified your triggers, think about who you may need to lean on for support to move away from triggering circumstances or suicidal ideation. Be it a counselor, close friend, or family member.
- 3 Build a Community of Support** – Make the time to be around people with positive influences (who make you feel good about yourself).
- 4 Get Active** – As you begin to shift away from old habits that lead to suicidal ideation, new habits must take their place to stick. Find fun activities, volunteer projects or work that you find fulfilling.
- 5 Relax** – Find your own ways to relieve your stress. In addition to exercising, you can meditate, practice breathing exercises and use these to challenge your self-defeating thoughts.

Remember: we are like batteries and each day we may start at a different level of charge



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