



YOUR NEXT 24 HOURS

knowing your thoughts &
choosing your actions

There is a distinct difference between thoughts and actions. Your brain has the ability to process ideas and thoughts six to seven times faster than real time. This means, you can actually **redirect any thought you have**, significantly faster than is humanly possible to act upon it. Becoming more aware of our thought patterns allows us to distinguish the difference between a logical or emotional response. This can be especially true during times of unwanted change, crisis, loss, and self-doubt. As our brain is sorting thoughts and ideations, it can be difficult to separate what is factual or real from what is inaccurate or imaged.

STOP! Give your brain the next 24 hours (or more) to process all of the information it is taking in. For the millions who have contemplated suicide but not acted on their thoughts, two basic principles were essential to life getting better.

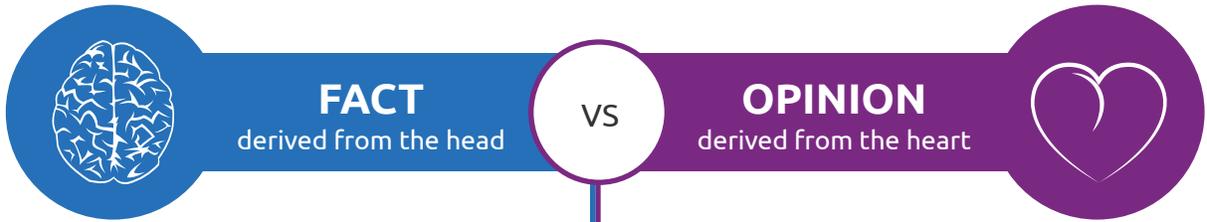
The **first** was considering and accepting the idea that things could (**HOPE**) get better.

The **second** was asking for and accepting help (**HEALING**) from someone else.

Each of these principles is essential to removing yourself from the negative confines of your mind. Perspective is essential. Even if your interpretation of the world and your place within it is correct, your perspective of the outcome could be limited.

**CALL SOMEONE YOU TRUST or 1-800-273-TALK (8255).
SHARE YOUR ANSWERS TO THE FOLLOWING QUESTIONS.**

1. What specifically has occurred over the last 24 hours to intensify my fears and pain?
2. What am I specifically feeling; what are the thoughts and beliefs I have?
3. How helpful are these thoughts and beliefs to me right now?
4. If my thoughts are based on fact (not opinion or emotion):
 - a. What is the worst thing that could happen and how likely is it to occur?
 - b. What is the best thing that could happen and how likely is it to occur?
 - c. What is the most likely thing that will happen?
 - d. What three things (time, talent, resources) can I use to address the situation in a positive way?



There is evidence (proof) to support the claim

The claim cannot be disputed

The claim is founded by logic and rational thoughts

Based on personal perspective, beliefs, knowledge, and experience

The claim can be debated

The claim is founded and reinforced by an emotional response

FOR THE NEXT 24 HOURS - THINGS TO AVOID

Isolation: being alone when you are experiencing thoughts of self-harm or suicide can intensify your fears and painful thoughts.

Alcohol and drugs: depression, anxiety, and risky behavior can increase with the use of drugs and alcohol, hindering your ability to separate fears from fact.

Engaging in activities that are associated with loss: listening to music, looking through photographs, or visiting a location that no longer bring you joy.

Operating a motor vehicle: driving safely for your own wellbeing and that of other people on the road requires your full attention.

FOR THE NEXT 24 HOURS - THINGS TO DO

Stay where you will be safe: surround yourself with one or more people that can encourage and help you to take care of yourself in healthy ways. Share your fears and feelings: share your fears, feelings, and suicidal ideations with someone you trust.

Focus on the good: write out a list of your favorite foods, sounds, places, relaxation techniques, hobbies, television series, books, colors, chores, things someone did for you, articles of clothing, childhood memories, board games, places you would like to visit, etc.

Define a plan for hope and healing: create a Safety & Survival Plan with the help of someone you trust and then make copies to share with people you can call on during times of future crisis.

Travel with care: If you need to travel and are not calm and alert to your surroundings, call a friend, dial 911, or contact your local helpline at 1-800-273-TALK (8255).