

MINDFUL MONDAY

"PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL."

MAYA ANGELOU

FIVE DAYS OF CALM

MONDAY

PRACTICE RESPONDING INSTEAD OF REACTING TODAY

TUESDAY

HOLD SPACE FOR SOMEONE IN YOUR LIFE WHO'S GOING THROUGH A HARD TIME. LET THEM SPEAK THEIR TRUTH

WEDNESDAY

IF YOUR MIND WAS A WEATHER PATTERN TODAY, WHAT WOULD IT BE?

THURSDAY

OFFER EMPATHY TO SOMEONE TODAY. BE WITH THEM IN THEIR PAIN; FEEL IT WITH THEM

FRIDAY

LOOK FOR THE HUMANITY WITHIN YOURSELF AND OTHERS. LET THERE BE LOVE



Suicide Prevention

Know How To Help:

- **Ask** if the person is thinking about suicide.
 - Be Direct. Use specific words like "suicide", "kill yourself", and "take your life".
- **Listen** without judgement. Let the person talk without interruption and make them feel heard.
 - Listen for: specific reasons to live, hope for the future/ treatment, connections to faith, support systems.
- **Respond** with kindness and care. Always take the person seriously.
 - What to do: stay calm, acknowledge that they are in pain and that their pain is REAL, convey care, stay with the person, remove lethal means, go with them to seek help, call the Suicide Help Line 1-800-273-8255

To Begin the Day.....

[Mindful Breathing](#)

[Treat Your Eyes and Ears](#)

[Chill With Some Music](#)

[Suicide](#)

[Prevention](#)

[Lifeline](#)

1-800-273-8255

[SafeUT](#)

[Crisis Chat & Tip](#)

[Line](#)

- **Follow-up** with the person and support their transition from crisis to recovery.
 - You can help them overcome challenges after a suicidal crisis: people often experience increased loneliness or despair, they may not have been given appropriate referrals for continuation of care or have access to professional care, they may not want to continue care- you can help encourage them.