



# MINDFUL MONDAY

**A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP**  
LAO TZU

## FIVE DAYS OF CALM

### MONDAY

PRACTICE COMPASSION WITH EVERY PERSON THAT YOU CROSS PATHS WITH TODAY

### TUESDAY

STOP COMPARING YOURSELF TO OTHERS AND EMBRACE YOUR UNIQUENESS

### WEDNESDAY

CULTIVATE AN AWARENESS OF HOW YOU IMPACT THOSE AROUND YOU

### THURSDAY

REFLECT ON HOW YOU HAVE BLOOMED THROUGH ADVERSITY IN YOUR LIFE

### FRIDAY

DO NOTHING FOR A FEW MINUTES. FIND A LOVELY SPOT AND GAZE INTO THE DISTANCE

## Suicide Prevention

Know the Signs and Ask

### Talking about:

- feeling trapped
- having no reason to live
- being a burden to others
- experiencing unbearable pain

### Behavior:

- withdrawing from activities
- acting recklessly
- isolating from family and friends
- aggression
- giving away possessions
- increased use of drugs or alcohol

### Mood:

- depression
- rage
- irritability
- anxiety
- lack of interest
- humiliation

*Breathe.....*

[Breathe With A Fish!](#)

[Mini Meditation](#)

[Finding Balance in the Mind](#)

[Suicide Prevention](#)

[Lifeline](#)

**1-800-273-8255**

[SafeUT](#)

[Crisis Chat & Tip Line](#)

When talking about suicide, it's common to ask, "How do I know if someone is struggling with suicidal thoughts?" There may not always be clear and obvious signs, so it's important to understand what behaviors, changes, or situations might suggest someone is at risk or thinking about suicide.