

# HOPE BEGINS WITH ME.

Suicide prevention research shows that hope can decrease the risk of thoughts of suicide. Here are some suggestions for ways to promote hope within yourself.

## Healthy Distractions

When we are having complex thoughts and feelings, it can be very helpful to distract ourselves from those thoughts/feelings. Going outside for a walk, listening to encouraging music, reading, dancing, or other short-term distractions can help you shift your focus into something positive.

## Breathe

Breathing can calm your body and your mind. Breathing can increase your chances of finding a healthy outlet.

## Challenge the Negative Thoughts

Remind yourself of people, places, and things that bring you love, hope, or happiness. Remind yourself of your goals, your passions, and your talents. Use these reminders to counter the negative thoughts.

## Talk to a Loved One

Sometimes our thoughts/feelings can be overwhelming. Reach out to a trusted adult or loved one so they can help you in the moment.

[Click here for more suicide prevention resources.](#)



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