

# Have compassion for yourself.

*We need self-compassion to  
help us through difficult times.*

**You are not alone. If you  
don't feel there is anyone in  
your life right now to talk to,  
reach out here:**

Text Crisis Text Line: LIV to 741741

Call the Suicide and Crisis  
Lifeline: 988

Want to learn more?  
Visit our website:



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*The Liv Project is a non-profit  
organization developing creative tools  
that encourage fearless conversations  
to turn the tide of youth suicide.*

[thelivproject.org](http://thelivproject.org)

 [@the\\_liv\\_project](https://www.instagram.com/the_liv_project)

**I'M WORRIED  
ABOUT MYSELF.**

# L.I.V.

***Listen. Identify. Vocalize.***

We tend to hide and isolate  
when we are struggling, causing  
us to disconnect from those  
around us. But what we need  
most when we are struggling is  
connection. You don't have to  
figure this out by yourself.





# Listen.

*Listen to yourself.*

- When we get hijacked by our emotions, our bodies react. Pay attention to what is physically going on with you.
- Listen to your feelings, they might be telling you something is off.
- Tune into your thoughts, they're most likely lacking self-compassion right now.
- Listen to what might sound like fear or feeling overwhelmed.
- Take notice of how your thoughts are negatively impacting your emotions and feelings.



# Identify.

*Identify common patterns.*

- There are common patterns of thoughts and feelings when we struggle. It's not just you.
- Your mind might be playing tricks on you, telling you things like:
  - Things won't get better, or that you won't find a way out of your bad feelings.
  - Your mind might be drifting to ideas that you are a burden or that your family and friends might be better off without you.
- The voice of anxiety and/or depression may be taking over your thoughts right now.



# Vocalize.

*Voice for relief.*

- Your tendency might be to hide what's going on for you.
- Reaching out for help can bring relief.
- Call the Suicide and Crisis Lifeline at 988 to find a non-judgmental and compassionate listener.
- Text LIV to Crisis Text Line 741741 for support from a person who understands how you are feeling.
- You don't have to figure this out by yourself.