## 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:



Discussion Guide created by The Liv Project's Mental Health Director, Susan Caso, MA, LPC.

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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.

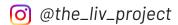




Listen. Identify. Vocalize.

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.

thelivproject.org







## 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 selfcompassion 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. <u>It's not just you.</u>
- 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.