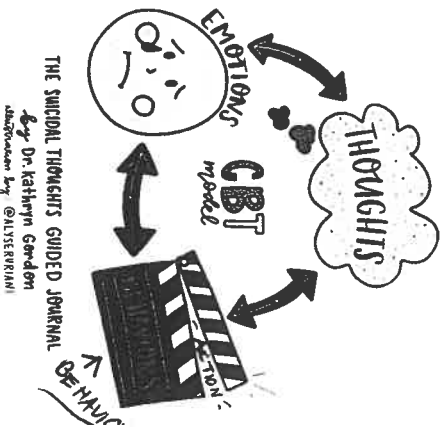
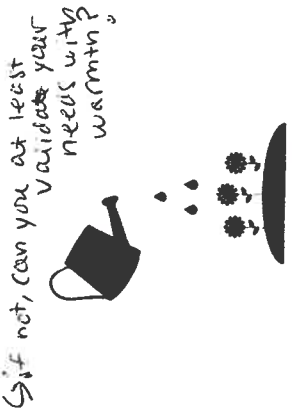


soothe emotional pain

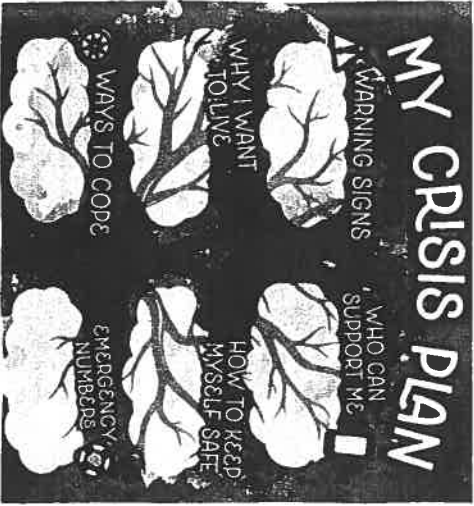
painful events may hurt more because of our unintentional interpretations & automatic responses to them. what alternative thoughts, behaviors, & emotional uplifts can soothe your pain right now?



nurture self-compassion
★ try gentler, softer, tender self-care, especially while you're hurting
★ what would you tell a friend?
can you attend to your needs instead of pushing past them?

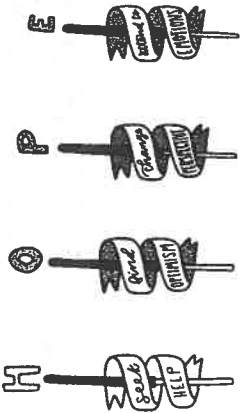


cope with crises
we learn how to navigate all kinds of emergencies, but rarely what to do if we start having suicidal thoughts. i hope this helps you



art by kathlink.com
bigger version: kathrynhgordon.com

THE SUICIDAL THOUGHTS GUIDED JOURNAL
by Dr. Kathryn Gordon
@drkathryngordon



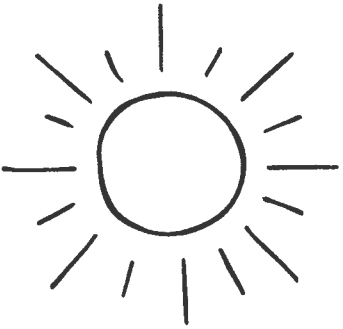
comes next...

don't force yourself to see the glass half full; look for real reasons for hope in kind people, moments when gloom recedes, little beauties & wonders in nature, activism, history, curiosity about what

build hope

the suicidal thoughts guided journal zine

by
kathryn hope gordon



suicide & crisis lifeline

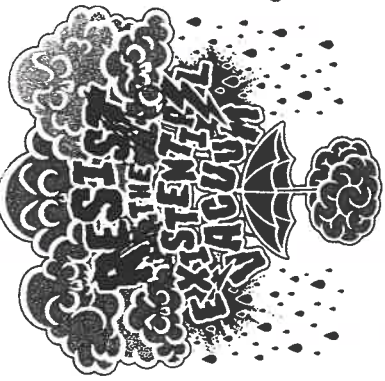
call: 988

988lifeline.org

♡ Kadia
kathrynhgordon.com
@drkathryngordon



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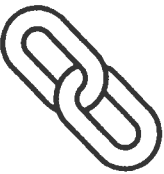
taken

make meaning

Holocaust survivor Dr. Viktor Frankl said suicidal thoughts emerge from emptiness & we can push back via values-aligned actions, experiences & relationships, & attitudes toward unavoidable suffering

connect with people

we all need other people. that can be SO hard when we're in pain & feel like isolating or struggle to find support. are there any steps (even small) you can take to nurture this need to belong & connect?



not