

## Ending the Negative Cycle of Suicidal Thoughts: A Toolkit of Hope



Photo via Pixabay by [TpsDave](#)

Suicide is a dark place, and if you are currently seeking the light, you know how difficult it can be to find that light switch. There are times when you think you've found the way out only to find it's a dead end. In addition to suicidal thoughts, depression can cause appetite changes, disruption in the sleep cycle, addiction, and a lack of interest in things that once brought joy.

It can also lead to social withdrawal, which can leave you feeling as if you have to deal with these difficult and confusing feelings on your own. Use the resources in this toolkit to find the help you need, as well as some helpful mood-boosting strategies you can implement daily.

### How to Find Support

Although you may be feeling alone, the good news is that you aren't. There are people out there that not only want to help you, but can! The following is a great place to start when are you building your support network:

- Talk to your [doctor](#)
- Talk to someone you [trust](#)
- Ask your parents to help you find a [psychologist](#)
- Plug in [online](#)
- Call a [suicide hotline](#): Call the national Suicide Prevention Lifeline at 800.273.8255

### Mood-boosting Strategies

From surrounding yourself with color to taking care of yourself mentally, physically, and emotionally, coping doesn't have to be overwhelming or time consuming. There are quick and easy methods you can implement that will have lasting effects.

#### *Practice self-care*

The cycle of negative thoughts can take a toll on your mood, your stress levels, and even the amount of sleep you get. Practicing [self-care](#) is an easy way to ensure that your mind and body are taken care of, so find something that makes you happy and healthy and do it often. Whether that means playing a quick game of basketball with friends or setting aside time each day for deep breathing and reflection, carving time out of your schedule to do what makes you happy and relaxed will help you on even your worst days.

### *Get social*

When you are feeling down, you may withdraw socially and isolate yourself from the world. However, it's important to maintain your relationships with others to keep a strong social bond which will help your self-esteem and, ultimately, your ability to get through the tough times. If you prefer the four-legged variety, consider getting a furry companion such as a [service dog](#). Animals can sense your feelings and emotions, and can provide unconditional love, companionship, and judgement-free comfort.

### *Get creative*

Many people have a creative spark, even if they don't use it every day. Channel your energies into something creative — such as writing, drawing, painting, singing, or playing an instrument — for an instant mood lift. For many people, being able to get negative emotions out on paper or through song is an important part of growing as a person and learning how to cope with difficult symptoms. Even if you don't have a creative bone in your body, consider surrounding yourself with your favorite [colors](#) as a useful trick that can help you stay calm, relaxed, and happy. The use of colorful artwork and bright paint in your most-used areas will help boost your mood and keep you uplifted, so don't be afraid to get colorful.

### *Exercise daily*

It might be hard to think about getting in a workout when you're feeling low, but [exercise](#) is an important part of feeling better. Working out is a great way to boost your mood and lift your self-esteem. Increase the boost by getting outside to soak up some vitamin D.

### **More Mood-boosters**

- Get it out on [paper](#)
- Give [aromatherapy](#) a try
- Find your [sleep routine](#).
- Eat more [superfoods](#)
- Turn up the [music](#)

Breaking the cycle of suicidal thoughts and depression is no easy feat, but like any obstacle, with a little help and hard work, you can get through it. Use the tips in this toolkit to find the hope you are looking for. You can put a stop to this cycle.