

Survicide watch

Three simple ways to boost
the self esteem of your loved ones





Hi there,


I was surfing the internet the other day and I stumbled on a website that published suicide letters, naturally I read them out of curiosity but couldn't control my tears as they flowed freely. I will share one just to put in context.

“I'm not sure why I'm writing this. I went online to look up information on suicide: statistics, methods and all that stuff. I was raised in a family where I went to church every Sunday and was taught the importance of faith and God in our lives. It doesn't matter. It doesn't help me. I got hurt.... bad... when I was a child. I was hurt in a way that no person, no little child should be hurt. I think about suicide on a daily basis... sometimes it's all that I can think about. I've been hospitalized for attempts before. I've been put on medications to help the depression... the mental disorders that doctors are so quick to diagnose. I'm sick of it all. Why should I bother trying anymore? I'm not even afraid of dying. I'm not afraid of pain. I just want to leave this world. Please pray for me. I'm tired of trying.”

Source : <https://www.sowingseedsofffaith.com/devotions/three-suicide-letters/>

There are so many people that are suicidal. Suicide is an epidemic that has plagued humanity for years. It doesn't discriminate between race, religion, ethnicity, age and/or social status. For most, it is not apparent to friends and family. In 2015, Robin Williams, a seemingly perfect and happy go lucky actor who had all the fame, wealth, accolades and awards that many upcoming artists aspire to committed suicide much to the shock of every fan that idolized him. After his death many advocates and educators of mental health care did their best to use these tragedies to save countless other lives however the numbers still keep rising.

Looking from the outside in, there is no logical reason for anyone to take their own life. However, it is impossible to know how anyone truly feels when life throws curve balls at them.



The depth of stigma associated with many life challenges pushes many to consider suicide as a last resort.


In UK, a 20-year-old motorbike courier committed suicide because he owed £1000 debt, money he incurred from parking fines. You may be wondering why he would go to that extent over £1000, why not tell his parents or open a GoFundMe page (people open those even to seek funds for holiday trips). The truth is, we would never know how situations affect individuals and why they assume suicide is the only way out.

Whilst we may not know for sure if our loved one is suicidal, there are however a few telltale signs. We may notice a sudden withdrawal in their personality, loss in appetite, change in mood, unexplainable tantrums, constantly talking about harming themselves or others, body dysmorphia, lowered self-esteem, lack of enthusiasm or motivation, and constantly questioning their self-worth. Sometimes extreme silence or excessive joy could be covering up something that is deeply wrong.

The essence of this e-Book is thus to highlight things you can do to help a loved one whom you feel maybe experiencing any of these signs. It's a good feeling knowing you helped someone work towards improving their sense of worth. As we help others shine, we shine alongside them.

I am passionate about spreading colors of joy and hope around the world and I would love that you help me do so by sharing this eBook with your loved ones.

Be it a mother and child, sister and brother, teacher and student relationship, we are all in need of validation and what better way to get it back than by giving it?



Remember,

You are enough and special.

Your circumstances do not reflect who you are.

You are deserving of love and respect

With Love,

Aishah Adams

Founder and CEO The Support Lounge

OVER-PARENTING AND UNDER-PARENTING

This often happens in Adult/Children relationships. Many parents often “Over-parent” and “under-parent” their wards. In their desire to raise children that are overly perfect or conform to certain preset standards some parents over-parent their children thus breaking down the sense of self they initially intended to build. Rushing to fight our children's battles doesn't help them stand up for themselves and find their own voice. At the same time being overly harsh with children where they feel scared and unable to speak up is also in itself debilitating. Everyone likes to feel heard and trusted. Relationships thrive better when each party feels loved and trusted. Therefore, there has to be a good balance within these relationships.

There is an increased feeling of self-worth that a person experiences when one is able to stand-up for oneself. For instance, when a child is able to stand up to a bully as opposed to letting mum always come to speak with the bully's mum, the child's self-esteem is automatically boosted. He is praised by his peers and respected by the bully. So, the next time you are about to put on the “Teacher Betty” hat, ask yourself these questions. Does this situation warrant my presence to resolve or can I teach my child to stand up for himself/herself? If so, how can I teach my child to stand up for himself/herself?

It is also important as parents to teach our wards positive affirmations. Let them love themselves especially with their quirkiness, it maybe their freckles, or chubby cheeks, or stunted growth. Let them see beauty through your eyes and appreciate themselves, this improves their self-worth such that no matter what anyone says to them, they know who they are and will not be depressed as a result of comments.

This is not to say that we shouldn't call out bad behavior; this is just to say, call people out in the most loving and compassionate way without letting it rob you or them of their sense of self-worth.

ACKNOWLEDGE THEIR FEELINGS AND LISTEN!!!! PAY ATTENTION

Have you ever tried talking to a guy whilst a big game is showing on the TV? It's pretty much the definition of "talking to a brick wall". Annoying right? Now, imagine someone who is feeling suicidal and having serious troubles which they have internalized for so long comes to you to for a heart to heart and you are busy with social media, or distracted by an imaginary fly on the wall. I would implore you to give them your utmost attention, be present not just physically but emotionally too. Do not interject and interrupt with questions when they clearly just want to unburden their heart. It's imperative to go with the flow, if there is a need for questions let it be constructive without making them feel attacked.

For instance, a friend tells you she was raped on her way home. The natural thing to do is to hug her and let her know that you are willing to hold her hand through the healing process as opposed to interrupting with questions like what where you wearing? A good question to ask though is if she has done a rape kit, so that the police can arrest the perpetrator. This way, you would have helped her on her journey to healing as well as reassuring her of her self-worth.

FORGIVE

It has been proven that the inability of a person to forgive (either themselves or others) makes them depressed with heightened anxiety, lowered self-esteem and low self-worth. This has led to an increase in suicidal thoughts and consequently suicide. A study by college students suffering from depression found that students therapies and public health interventions promoting forgiveness helped reduce suicidal behaviors and associated risk factors among the college students. These interventions boost levels of forgiveness, increase self-esteem, hopefulness towards themselves and others.

It can be hard to forgive and let go but it's important to remember that harboring the resentment and holding a grudge can hurt you even more.... Jack Canfield

The process of forgiveness is in itself liberating and I would implore you to purchase the 30 Days Forgiveness Journal to help you on your path to forgiveness.

THE END

P.S: If you found any benefit in this then share with your friends and loved ones and invite them to follow us on social media for more beneficial resources.

www.thesupportlounge.com

www.aishahadams.com