

Practical Tips

Kim Harrison:

When dealing with anxiety, we can have a physical response and breathing is a way to help calm us. Think of birthday cake with lots of candles and take a deep SLOW breath in to fill up our lungs and then SLOWLY exhale imagining as we let out that breath slowly, that it is reaching each one of those candles blowing them out. Repeat this a few minutes until you are returning to a calmer state.



Annette Crislip:

What can you say to someone who is grieving? Believe it or not, one of the best things you can say is “I don’t know what to say.” I know, it sounds weak. But that’s the beauty of it. It reflects humility. It communicates that you don’t have words that would make the loss okay.

-Nancy Guthrie, in her book *“What Grieving People Wish You Knew.”*

Christie Eastman:

Talking about suicide does not increase the risk of someone killing themselves. NOT talking about suicide increases the risk because the individual remains alone with their dark thoughts, and without help.