

STRAW AND CAMEL METAPHOR

How many straws can a camel carry?
(no right answer)



How do you tend your straws through swings of mood?

Do you know which straw will break the camel's back?
I don't either! (frustrating)

The burden of straws are built overtime.

What resources + practices prevent the burden of straws from becoming too heavy?

SUICIDE MAY SEEM LIKE A MORE REASONABLE OPTION THAN CONTINUING TO LIVE WITH PAIN

How do we live through various experiences of depression?

△ FILTER OF DEPRESSING SHIT

HOPE HELP SOLUTIONS BELONGING

MENTAL

FLAGS → INCREASED RISK

"Perceived Burdensomeness"

UNSURE?

USE DIRECT LANGUAGE

Impulsivity during substance use

Rapid-quick Personality Change

CHAOS of modern human experience can desensitize us to the terror of death. Dying is terrifying.

How can we talk about fear and sadness or grief?

We can acknowledge how scary suicidal thinking and planning is...

Feeling alone is real yet

Being alone is an illusion

You Belong in a field of humanity.

