



Worldwide Suicide Prevention Day | September 10, 2025

Self-Care & Coping Strategies / स्व-देखभाल और सामना करने की रणनीतियां

Building Resilience & Mental Wellness



Daily Self-Care Practices / दैनिक स्व-देखभाल अभ्यास

Physical Wellness

- Exercise regularly (योग, walking)
- Maintain sleep schedule
- Eat nutritious meals
- Stay hydrated
- Limit alcohol/substances

Mental Wellness

- Practice mindfulness/ध्यान
- Deep breathing exercises
- Journaling thoughts
- Read positive content
- Practice gratitude daily

Social Wellness

- Stay connected with family
- Maintain friendships
- Join community activities
- Seek support when needed
- Practice active listening

When Feeling Overwhelmed / जब अभिभूत महसूस करें

Immediate Coping Strategies:

5-4-3-2-1 Grounding Technique

Name 5 things you can see
Name 4 things you can touch
Name 3 things you can hear
Name 2 things you can smell
Name 1 thing you can taste

This helps bring you to the present moment

Other Immediate Strategies

- Take slow, deep breaths (प्राणायाम)
- Call a trusted friend or family member
- Take a warm shower or bath
- Listen to calming music
- Write down your feelings

Choose what feels right for you in the moment

Building Long-term Resilience / दीर्घकालिक लचीलापन निर्माण

Problem-Solving Skills

- Break problems into steps
- Focus on what you can control
- Brainstorm multiple solutions
- Ask for help when needed
- Learn from past successes

समस्या समाधान की तकनीक सीखें

Emotional Regulation

- Recognize emotional triggers
- Practice mindfulness daily
- Use positive self-talk
- Accept difficult emotions
- Practice patience with yourself

भावनाओं को समझना और नियंत्रित करना

Meaningful Activities

- Pursue hobbies you enjoy
- Set realistic goals
- Volunteer for causes you care about
- Learn new skills
- Celebrate small achievements

जीवन में अर्थ और उद्देश्य खोजें

Cultural & Spiritual Practices / सांस्कृतिक और आध्यात्मिक अभ्यास

Drawing Strength from Tradition:

- **Prayer/Meditation:** Find comfort in your spiritual practices (प्रार्थना, ध्यान)
- **Family Support:** Lean on family traditions and wisdom of elders
- **Community Connection:** Participate in festivals and community gatherings
- **Ancient Practices:** Yoga, Ayurveda, and breathing techniques (प्राणायाम)

my Safe Spaces

Creating Hope Through Action

For immediate help: KIRAN 1800-599-0019 | Vandrevala 9999 666 555
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