

The BiChromosome
COLLECTION

IN HONOR OF SUICIDE AWARENESS MONTH

30 Days of Self Love
Handbook

THE MIND, THE BRAIN, THE BODY




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The BiChrome COLLECTION



THE MEANING:

BICHROME MEANS "CONTAINING TWO SEPERATE COLORS," BUT FOR MORELIFE IT SYMBOLIZES ACCEPTANCE OF THE DIFFERENT PARTS OF "COLORS" OF OURSELVES. THE BICHROME COLLECTION IS ABOUT LOVING EVERYTHING THAT COMES WITH BEING YOU.. UNCONDITIONALLY.



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Day 1: The Mind

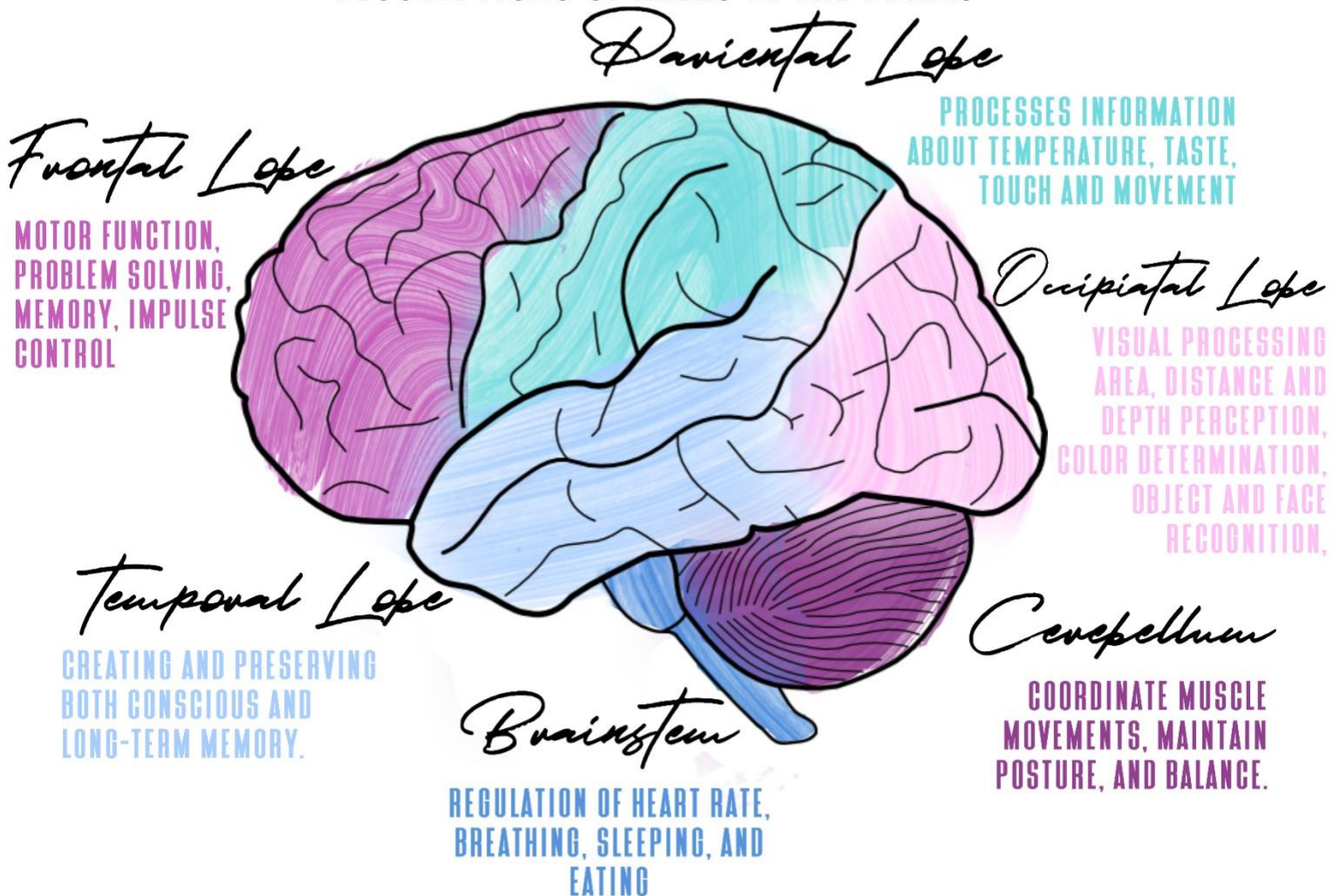
IT'S EASY TO GET THE MIND CONFUSED WITH THE BRAIN. THE MIND IS INTANGIBLE, IT IS NOT SOMETHING YOU CAN PHYSICALLY SEE OR TOUCH. IT CONTROLS HOW YOU UNIQUELY EXPERIENCE LIFE, HOW YOU INTERPERET SITUATIONS, AND HOW YOU FEEL OVERALL. MOST IMPORTANTLY HOW YOU FEEL ABOUT YOURSELF.

DIRECTIONS: IT CAN BE HARD TO THINK CLEARLY IF YOUR MIND IS CLOUDED. SO BELOW, COMPLETE A "BRAIN DUMP." THIS IS WHEN YOU EVALUATE DIFFERENT FACTORS IN YOUR LIFE, & WRITE OR "DUMP" OUT YOUR FEELINGS ABOUT THEM.

<i>Family/Friends</i>	<i>School/Work</i>
<i>Home Life</i>	<i>Me</i>

Day 2: The Brain

THE BRAIN IS THE MOST COMPLEX PART OF OUR BODY'S, AND UNDERSTANDING THE BASICS ABOUT THE BRAIN IS IMPORTANT. THESE ARE JUST BROAD DESCRIPTIONS OF AREAS IN THE BRAIN.

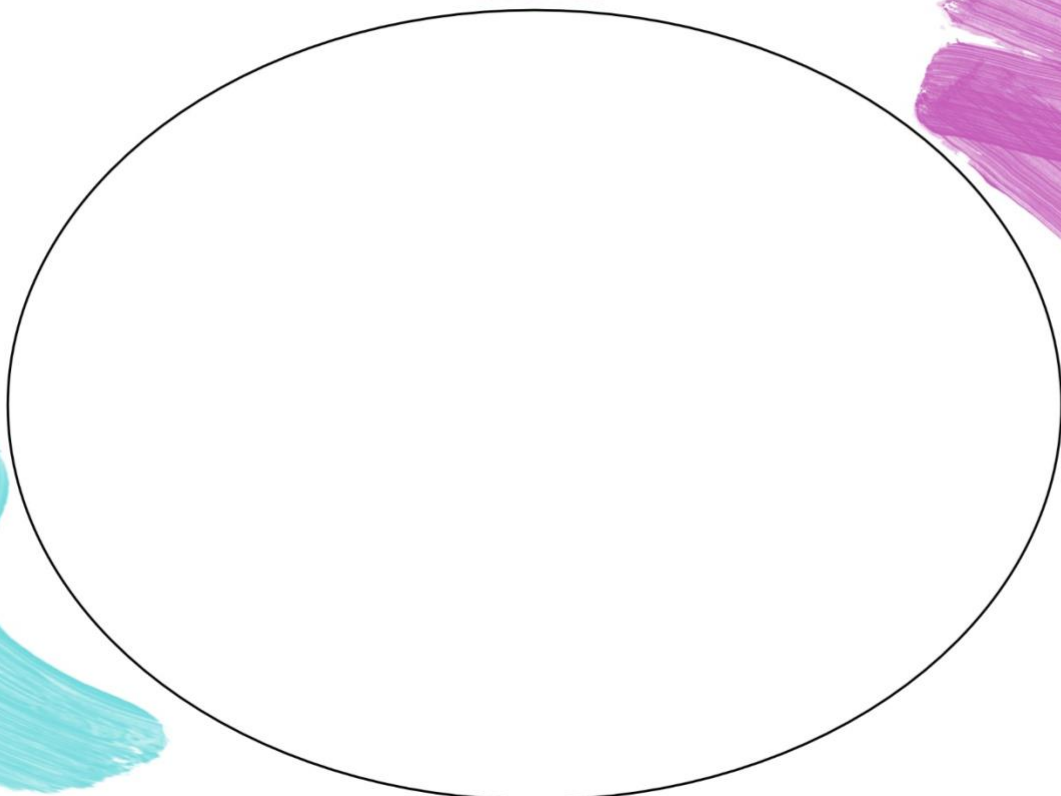


THE FRONTAL & TEMPORAL LOBES ARE THE MOST INVOLVED IN EMOTIONAL REGULATION AND FEELINGS. SCIENTIST BELIEVE THAT THESE AREAS ARE THE MOST RELATED TO MENTAL HEALTH ISSUES.

Day 3: The Body

THE MIND, THE BRAIN, AND THE BODY ALL WORK TOGETHER & THEY ALL DIRECTLY AFFECT THE OTHER. HAVE YOU EVER HEARD "YOUR BODY WILL TELL YOU WHAT IT NEEDS IF YOU LISTEN?" IN MENTAL HEALTH, THESE ARE CALLED WARNING SIGNS. PAY ATTENTION TO WHAT YOUR BODY IS DOING WHEN YOU BEGIN TO FEEL ANGRY, STRESSED, ANXIOUS, OR DEPRESSED. SOME MAY CLENCH THEIR TEETH, BEGIN TO FEEL HOT, SHAKE, OR HYPERVENTILATE. BEING AWARE OF YOUR BODY'S WARNING SIGNS IS ONE OF THE FASTEST WAYS TO DE-ESCALATE YOURSELF.

DIRECTIONS: FILL IN THE AREA BELOW WITH SOME OF YOUR OWN WARNING SIGNS.



Day 4: Focus

DIRECTIONS: READ THIS AS MANY TIMES AS YOU NEED TO TODAY. REMIND YOURSELF OF THIS AS MANY TIMES AS YOU NEED TO.

**"AND NOW IT'S TIME TO PUT YOURSELF FIRST.
LET GO OF ALL THE BAD TIMES.
SWITCH OFF THE NEGATIVITY.
FOCUS ON YOUR GOALS.
REACH FOR THE MOON.**

**DO WHATEVER PLEASES YOU,
- YOU ARE THE MASTER OF YOUR OWN DESTINY".**

Day 5: Why

THIS MAY BE A QUESTION THAT YOU FIND YOURSELF ASKING OFTEN. WHY... WHAT'S THE POINT? IT MAY SEEM AT TIMES THAT THOSE AROUND YOU DO NOT CARE AS DEEPLY AS YOU WANT THEM TO, WHICH CAN EASILY TURN INTO SELF-DOUBT. IT MAKES YOU QUESTION YOURSELF WHEN YOU DON'T GET THAT (NOT USUALLY ASKED FOR BUT SOMETIMES NEEDED) VALIDATION.

DIRECTIONS: VALIDATE YOURSELF! THINK OF AS MANY REASONS WHY YOU SHOULD LOVE YOURSELF (EVEN IF YOU DON'T RIGHT NOW) AS YOU CAN & FILL THEM IN BELOW.

Examples: "I am intelligent" "I am a good person" "I am lovable"

Day 6: Implications

WHEN YOU THINK OF SELF HARM, YOU PROBABLY THINK OF SOMEONE PHYSICALLY HURTING THEMSELVES. BUT SELF HARM COMES IN MANY SHAPES & SIZES. LISTED BELOW ARE DIFFERENT ACTIONS THAT ARE HARMFUL AS WELL AS SELF INFLICTED THAT YOU PROBABLY DID NOT KNOW WERE CONSIDERED "SELF HARM."

DIRECTIONS: GO THROUGH THIS LIST AND SEE HOW MANY OF THINGS THINGS YOU DO, AND THINK ABOUT HOW REGULARLY YOU DO THEM. MAKE YOURSELF AWARE OF THESE BEHAVIOR SO YOU CAN WORK TO DECREASE THEM IN THE FUTURE.



Neglect of
Basic Needs

Use of
Drugs or
Alcohol to
cope



Negative Self
Talk



Unsafel
Reckless
Behaviors when
upset

Under/Over
- eating



Social
Withdrawal

Denying
Yourself
Happiness

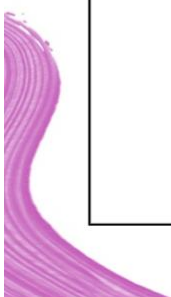
Staying in
Toxic
Relationships



Day 7: Solutions

DIRECTIONS: BELOW ARE THREE JOURNAL PROMPTS FOR A JOURNAL ENTRY. YOU CAN PICK ONE QUESTION TO EXPAND ON, OR ANSWER ALL THREE. DO WHATEVER YOU ARE MOST COMFORTABLE DOING.

- 1. WHAT WOULD YOU DO IF YOU KNEW YOU COULD NOT FAIL?**
- 2. HOW ARE YOU, REALLY?**
- 3. HOW WOULD YOU BEHAVE IF YOU WERE THE BEST IN THE WORLD AT WHAT YOU DO?**

A large, empty rectangular box with a thin black border, intended for writing a journal entry. It occupies the central and lower portion of the page.

Day 8: Acknowledge



DIRECTIONS: READ THIS AS MANY TIMES AS YOU NEED TO TODAY. REMIND YOURSELF OF THIS AS MANY TIMES AS YOU NEED TO.

"BE PROUD OF HOW YOU'VE BEEN HANDLING THESE LAST FEW MONTHS. THE SILENT BATTLES YOU'VE FOUGHT, THE MOMENTS YOU HAD TO HUMBLE YOURSELF, THE TIMES YOU'VE WIPED YOUR OWN TEARS.

CELEBRATE YOUR STRENGTH".





Day 9: Control

FEELING STRESS IS A NORMAL EXPERIENCE, A NORMAL PART OF LIFE, AND AT TIMES CAN BE UNAVOIDABLE. HOWEVER, IT IS EASY TO GET WRAPPED UP IN STRESS BY CREATING NEW STRESSORS FOR YOURSELF WITHOUT EVEN REALIZING IT.

DIRECTIONS: MAKE A LIST OF 10 THINGS THAT STRESS YOU OUT THE MOST. DIVIDE THE LIST INTO WHAT YOU CAN CONTROL VS. WHAT YOU CANNOT CONTROL. ELIMINATE WHAT YOU CAN'T CONTROL THEN, RANK THEM BY IMPORTANCE.

My Top 10

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

In My Control

Out of My Control

My Final Rank

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

NOT EVERYTHING THAT IS AN INCONVIENCE HAS TO CAUSE YOU STRESS. PRACTICE FOCUSING ON THE THINGS IN YOUR LIFE THAT ARE OF IMPORTANCE, BUT THAT YOU ALSO HAVE CONTROL OVER. THERE IS NO NEED TO STRESS YOURSELF OUT OVER THINGS THAT YOU HAVE NO CONTROL OR RESPONSIBILTY TO.

HOPFULLY YOU HAVE LESS STRESSORS THAN WHAT YOU STARTED WITH.

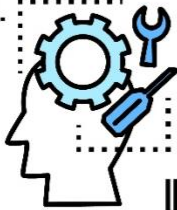
Day 10: Reframe

OUR THOUGHTS CAN BECOME DISTORTED OR WARPED AND KEEP US FROM THINKING RATIONALLY, THESE ARE CALLED COGNITIVE DISTORTIONS. THEY ARE USUALLY NEGATIVELY BIASED AND ALSO INACCURATE WAYS OF THINKING THAT TURN INTO HABITS. BELOW ARE SOME OF THE MOST COMMON TYPES OF COGNITIVE DISTORTIONS.



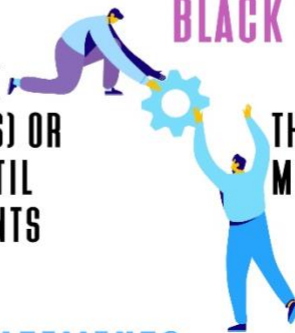
CATASTROPHIZING/ MINIMIZING:

YOU EXAGGERATE THE IMPORTANCE OF NEGATIVE THINGS (YOUR MISTAKES OR OTHERS' MISTAKES) OR YOU MISTAKENLY SHRINK POSITIVE THINGS UNTIL THEY APPEAR TINY (YOUR OWN ACCOMPLISHMENTS OR STRENGTHS).



BLACK OR WHITE THINKING:

ALSO KNOWN AS "ALL OR NOTHING" THINKING. BELIEVING THAT THERE IS NO MIDDLE GROUND, EVERYTHING IS EITHER ALL GOOD OR ALL BAD.



SHOULD STATEMENTS:

THESE STATEMENTS REINFORCE A UNREALISTIC SET OF EXPECTATIONS FOR YOURSELF THAT USUALLY DON'T CONSIDER YOUR PERSONAL CIRCUMSTANCES.

"I should be doing more with my life"

EMOTIONAL REASONING:

YOU BELIEVE THAT YOUR INITIAL EMOTIONAL REACTION TO SOMETHING AUTOMATICALLY MAKES IT TRUE. MISTAKING YOUR FEELINGS FOR FACTS.

LABELING:

YOU OVER-GENERALIZE AND MAKE JUDGMENTS ABOUT A THING OR PERSON BASED OFF OF ONE EXPERIENCE OR CHARACTERISTIC.



MIND READING:

YOU MAKE ASSUMPTIONS ABOUT WHAT SOMEONE ELSE IS THINKING OR FEELING, WHILE ONLY CONSIDERING THE POSSIBLE NEGATIVES.



WHICH OF THESE COGNITIVE DISTORTIONS DO YOU FIND YOURSELF USING OFTEN? HOW CAN YOU REDIRECT THIS NEGATIVE THINKING..? NO NEED TO WRITE ANYTHING OUT, JUST FOOD FOR THOUGHT.

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Day 11: Discover

DIRECTIONS: BELOW ARE THREE JOURNAL PROMPTS FOR A JOURNAL ENTRY. YOU CAN PICK ONE QUESTION TO EXPAND ON, OR ANSWER ALL THREE. DO WHATEVER YOU ARE MOST COMFORTABLE DOING.

- 1. IF THERE WAS A SOLUTION TO YOUR ANXIETY WHAT WOULD IT LOOK LIKE?**
- 2. WHY ARE YOU WORTH KNOWING?**
- 3. WHEN ARE YOU MOST INSPIRED, MOTIVATED OR CHARGED UP?**

Day 12: Remember

DIRECTIONS: READ THIS AS MANY TIMES AS YOU NEED TO TODAY. REMIND YOURSELF OF THIS AS MANY TIMES AS YOU NEED TO.

I'M SORRY IF ANYONE EVER MADE YOU FEEL LIKE IT'S HARD TO LOVE YOU.

YOU DESERVE MORE THAN FORCED CONNECTIONS AND CONVERSATIONS.

I HOPE YOU FIND SOMEONE WHO IS ALWAYS IN THE MOOD FOR YOU.

THE MOMENT YOU BEGIN FOCUSING ON YOURSELF, THINGS WILL SLOWLY FALL INTO PLACE.

YOU CANNOT HEAL IN THE SAME ENVIROMENT THAT CAUSED YOU TO REQUIRE HEALING.

Day 13: Connect

ANXIETY ISN'T STRESS; IT'S YOUR MIND AND BODY'S REACTION TO STRESSFUL, DANGEROUS, OR UNFAMILIAR SITUATIONS. ANXIETY IS THE RESULT OF CONSTANT CHATTER BETWEEN A NUMBER OF DIFFERENT BRAIN REGIONS — A FEAR NETWORK. THE FRONTAL LOBE, WHERE ALL OF OUR SENSATIONS AND THOUGHTS COME TOGETHER AS ONE EXPERIENCE, IS THE COGNITIVE BRAIN. THE AMYGDALA & HIPPOCAMPUS LOCATED DEEP INSIDE THE BRAIN, ARE PART OF THE EMOTIONAL BRAIN. WE ONLY FEEL ANXIETY WHEN SIGNALS FROM THE EMOTIONAL BRAIN OVERPOWER THE COGNITIVE BRAIN, AND INTO OUR CONSCIOUSNESS.

Frontal Lobe

THE COGNITIVE BRAIN

ANXIETY WEAKENS THE CONNECTIONS BETWEEN THE AMYGDALA AND THE PREFRONTAL CORTEX (PFC). WHEN THE AMYGDALA ALERTS THE BRAIN TO DANGER, THE PREFRONTAL CORTEX SHOULD KICK IN AND HELP YOU COME UP WITH A RATIONAL, LOGICAL RESPONSE.



Hippocampus

THE EMOTIONAL BRAIN

Amygdala

THE EMOTIONAL BRAIN

AS A RESULT OF THIS, WHEN THE BRAIN IS UNDER CHRONIC PROLONGED ANXIETY, PARTS OF THE FRONTAL LOBE SHRINK AND THE AMYGDALA BECOMES ENLARGED AND HYPERACTIVE. THIS MAKES IT HARDER IN THE LONG RUN FOR THE "COGNITIVE BRAIN" TO FUNCTION PROPERLY.

Day 14: Energy

IT IS IMPORTANT TO VALUE YOURSELF SO MUCH THAT YOU ARE NOT WILLING TO SACRIFICE YOUR PEACE AND WELL-BEING FOR THE BENEFIT OF OTHERS. YOU CAN MUTE PEOPLE IN REAL LIFE TOO.. IT'S CALLED BOUNDARIES. PRACTICE PROTECTING YOUR ENERGY.

DIRECTIONS: LIST SOME THINGS THAT YOU FEEL OVERSTEP YOUR BOUNDARIES OR MAKE YOU UNCOMFORTABLE.

What violates my personal boundaries?

How do you typically react to this?

How can you set boundaries better in the future?

Day 15: Breathe

WHEN YOU'RE FEELING OVERWHELMED, STRESSED, OR ANXIOUS, TAKE A STEP BACK. IT CAN BE EASY TO GET CAUGHT UP IN YOUR EMOTIONS AND THIS MAKES IT DIFFICULT TO ANCHOR YOURSELF BACK DOWN TO EARTH.

DIRECTIONS: READ THROUGH EACH OF THE DIFFERENT BREATHING TECHNIQUES AND TRY AT LEAST ONE OF THEM.

BELLY BREATHING

PUT ONE HAND ON YOUR BELLY AND THE OTHER ON YOUR CHEST. TAKE A DEEP BREATH IN THROUGH YOUR NOSE, AND LET YOUR BELLY PUSH YOUR HAND OUT. YOUR CHEST SHOULD NOT MOVE.

BREATHING VISUALIZATION

CLOSE YOUR EYES AND RELAX BY BREATHING SLOWLY AND DEEPLY. WITH EACH INHALE, IMAGINE THE DESIRED COLOR SLOWLY WASHING OVER YOUR BODY FROM HEAD TO TOE.

BREATH COUNT

EXHALE AND AT THE END OF YOUR BREATH COUNT, "ONE." AGAIN, INHALE, PAUSE, EXHALE, AND THEN COUNT, "TWO." KEEP COUNTING LIKE THIS AT UNTIL YOU REACH "TEN." THEN, STARTING COUNTING BACKWARD



MINDFUL BREATHING

FOCUS YOUR ATTENTION ON YOUR BREATHING—TO ITS NATURAL RHYTHM AND FLOW AND THE WAY IT FEELS ON EACH INHALE AND EXHALE.


WHEN YOU BREATHE DEEPLY, IT SENDS A MESSAGE TO YOUR BRAIN TO CALM DOWN AND RELAX. THE BRAIN THEN SENDS THIS MESSAGE TO YOUR BODY.



Day 16: Accept

DIRECTIONS: READ THIS AS MANY TIMES AS YOU NEED TO TODAY. REMIND YOURSELF OF THIS AS MANY TIMES AS YOU NEED TO.

**"JUST BECAUSE THINGS COULD
HAVE BEEN DIFFERENT,
DOES NOT MEAN
THAT THEY WOULD HAVE
BETTER."**



Day 17: Gratitude

DIRECTIONS: BELOW ARE THREE JOURNAL PROMPTS FOR A JOURNAL ENTRY. YOU CAN PICK ONE QUESTION TO EXPAND ON, OR ANSWER ALL THREE. DO WHATEVER YOU ARE MOST COMFORTABLE DOING.

- 1. WRITE ABOUT YOUR ONE OF YOUR HAPPIEST MEMORIES.**
- 2. WRITE ABOUT THE PEOPLE IN YOUR LIFE THAT MAKE YOU FEEL THE MOST "AT EASE" AND WHAT THEY DO TO MAKE YOU FEEL THAT WAY.**
- 3. WRITE ABOUT SOMETHING RANDOM YOU'VE SEEN THAT MADE YOU SMILE.**



Day 18: Motivation

WHAT HAVE YOU DONE IN THE LAST COUPLE OF DAYS FOR NO REASON OTHER THAN IT MAKES YOU FEEL GOOD? NOT FOR MONEY, OR TO PLEASE ANOTHER PERSON, OR BECAUSE YOU THINK IT IS WHAT'S EXPECTED OF YOU.. FOR YOU AND YOU ONLY.

WHEN YOU ENGAGE IN BEHAVIOR BECAUSE IT'S PERSONALLY REWARDING, IT'S CALLED INTRINSIC MOTIVATION. DOING ANYTHING DUE TO INCENTIVES OR PRESSURE IT EXTRINSIC MOTIVATION.

DIRECTIONS: IF YOU HAVE DONE SOMETHING OUT OF INTRINSIC MOTIVATION RECENTLY, WRITE IT DOWN + DESCRIBE HOW YOU FELT. IF YOU HAVEN'T, THINK OF THINGS YOU'VE DONE IN THE PAST. REPEAT THIS FOR EXTRINSIC MOTIVATED TASKS.

Intrinsic

Extrinsic

TASK

FEELING

TASK

FEELING

MAKE TIME FOR WHAT MAKES YOU HAPPY TO AVOID FEELING DRAINED + BURNT OUT
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Day 19: Attempt



EVERYTHING IS NOT FOR EVERYBODY, BUT YOU WILL NEVER KNOW WHAT IS FOR YOU UNTIL YOU SEE FOR YOURSELF. BELOW IS A LIST OF COPING SKILLS. THESE ARE METHODS OR ACTIVITIES THAT ARE USED TO DEAL WITH UNCOMFORTABLE EMOTIONS.

1. EXERCISE

2. WRITE

3. WATCH YOUR FAVORITE TV SHOW

4. TAKE A HOT SHOWER OR BATH

5. CLEAN SOMETHING

6. TEXT/ CALL AN OLD FRIEND

7. TRY OUT SOME YOGA

8. MAKE A LIST OF GOALS

9. CREATE OR BUILD SOMETHING

10. PRAY

11. REARRANGE FURNITURE

12. HYPERFOCUS ON AN OBJECT

13. MAKE A PLAYLIST OF YOUR FAVORITE SONGS

14. PLAY WITH A PET

15. READ A GOOD BOOK

16. DRAW/ SCRIBBLE ON PAPER

17. BE WITH OTHER PEOPLE

18. DANCE

19. PUT A PUZZLE TOGETHER

20. LEARN A NEW LANGUAGE

21. TRY SOME AROMATHERAPY

22. TAKE A NAP

23. PLAY A MUSICAL INSTRUMENT

24. GO SEE A MOVIE

25. SING

26. RIDE A BICYCLE

27. MEMORIZE A POEM

28. BAKE COOKIES

29. LET YOURSELF CRY

30. WRITE A LETTER

31. LISTEN TO MUSIC

32. PLAN YOUR DREAM ROOM

33. SHOOT HOOPS/ KICK A BALL

34. MEDITATE

35. LOOK AT FLOWERS OR ART

36. DO A WORD SEARCH

17. PLAY ON A GAMING DEVICE

18. GO TO A FRIENDS HOUSE

19. START COLLECTING SOMETHING

20. CALL A HOTLINE

Day 20: Nowish

DIRECTIONS: READ THIS AS MANY TIMES AS YOU NEED TO TODAY. REMIND YOURSELF OF THIS AS MANY TIMES AS YOU NEED TO.

**"THE GRASS INS'T
GREENER SOMEWHERE
ELSE.**

**THE GRASS IS
GREEN WHERE
YOU WATER IT."**



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Day 21: Resolve

DIRECTIONS: BELOW ARE THREE JOURNAL PROMPTS FOR A JOURNAL ENTRY. YOU CAN PICK ONE QUESTION TO EXPAND ON, OR ANSWER ALL THREE. DO WHATEVER YOU ARE MOST COMFORTABLE DOING.

- 1. WRITE ABOUT THE LAST TIME YOU CRIED. WHAT CAUSED YOU TO CRY?**
- 2. WRITE ABOUT A DIFFICULT MEMORY AND THE COPING MECHANISMS YOU USED AT THE TIME. WOULD YOU CHANGE THE WAY YOU DEALT? HOW?**
- 3. WHAT HAS YOUR ANXIETY TAUGHT YOU ABOUT YOURSELF?**

Day 22: Unwind

SOMETIMES IT FEELS LIKE YOUR BODY IS WORKING AGAINST YOU. ANXIETY, STRESS, AND DEPRESSION ALL CONTRIBUTE TO ISSUES SLEEPING. AND GUESS WHAT? POOR SLEEP WORSENS ANXIETY, STRESS, AND DEPRESSION. SO HOW DO YOU GET OUT OF THIS VISCIOUS, UNHEALTHY CYCLE IF YOUR ANXIOUS OR STRESSED OR DEPRESSED OR ALL THREE 24/7?

Quick Facts

1. FOR STARTERS IF YOUR NOT SLEEPING WELL, YOUR BRAIN CANNOT FUNCTION PROPERLY.

2. SLEEP IS A BASIC HUMAN NEED AND WHETHER YOU LIKE IT OR NOT YOUR BODY WILL NEED TO ACCOUNT FOR THAT LACK OF SLEEP.

3. IT DOES THIS BY SLOWING DOWN YOUR BRAIN WAVES DURING THE DAY(WHICH USUALLY HAPPENS WHEN YOUR ASLEEP) MAKING IT HARDER TO CONCENTRATE, REGULATE YOUR MOOD, TAP INTO YOUR MEMORIES, IT EVEN BECOMES HARDER TO SEE!



Quick Tips

1. DON'T USE YOUR BED FOR ANYTHING OTHER THAN SLEEP..

2. DON'T OVER-EAT RIGHT BEFORE IT'S TIME TO CALL IT A NIGHT.

3. MIND RACING? GIVE YOURSELF TIME THROUGHOUT THE DAY TO PROCESS YOUR EMOTIONS SO THEY DON'T COME ALL AT ONCE WHEN THERE IS FINALLY A QUIET MOMENT.

4. TRY SOME NATURAL SLEEP AIDS LIKE MELATONIN, LAVENDAR, MAGNESIUM + OTHER SUPPLEMENTS.

5. BE CONSISTENT WITH WHATEVER YOU DO!

IF YOUR STRUGGLING WITH YOUR MENTAL HEALTH & ALSO STRUGGLING WITH SLEEP, TRY USING SOME OF THESE TECHNIQUES TO IMPROVE YOUR SLEEP AND YOU SHOULD SEE SOME CHANGES WITH IN YOUR DAY-TO-DAY MENTAL HEALTH. OBVIOUSLY SLEEP WON'T CURE YOUR PROBLEMS BUT IT IS A STARTING POINT

Day 23: Placeps

THE THING ABOUT POSITIVE AFFIRMATIONS IS THAT A LOT OF PEOPLE WHO DO THESE KIND OF ACTIVITIES DON'T EVEN BELIEVE THESE STATEMENTS THEY ARE MAKING ABOUT THEMSELVES. THIS IS NOT MEANT FOR YOU TO IMMEDIATELY BELIEVE THE STATEMENTS ARE TRUE. USE THIS AS A STEPPING STONE, OR A PLACEBO.. IN PLACE OF ALL THOSE NEGATIVE BELIEFS.

DIRECTIONS: FILL IN AS MANY BLANKS AS YOU CAN.

Challenges I over come:

Things I am good at:

What I like about my appearance:

I've helped others by:

Things that make me unique:

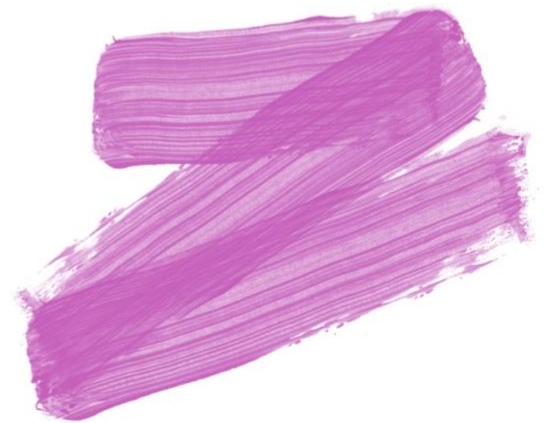
Compliments I've recieved:

Day 24: Unconditional



DIRECTIONS: READ THIS AS MANY TIMES AS YOU NEED TO TODAY. REMIND YOURSELF OF THIS AS MANY TIMES AS YOU NEED TO.

**"IN ORDER TO LOVE
WHO YOU ARE,
YOU CANNOT HATE
THE EXPERIENCES THAT
THAT SHAPED YOU."**



Day 25: Reflect

DIRECTIONS: BELOW ARE THREE JOURNAL PROMPTS FOR A JOURNAL ENTRY. YOU CAN PICK ONE QUESTION TO EXPAND ON, OR ANSWER ALL THREE. DO WHATEVER YOU ARE MOST COMFORTABLE DOING.

- 1. WRITE ABOUT HOW DIFFERENT YOU WERE 5 YEARS AGO.**
- 2. WHAT WAS YOUR GREATEST FEAR, AND HOW DID YOU CONQUER IT?**
- 3. IF YOU COULD ACHIEVE ANYTHING IN YOUR LIFE, WHAT WOULD IT BE?**

Day 26: Speak

LEARNING HOW TO EFFECTIVELY COMMUNICATE YOUR THOUGHTS AND FEELINGS CAN BE QUITE A CHALLENGE. MANY OF US MAY STRUGGLE WITH BEING VULNERABLE ENOUGH TO TRUST OTHERS WITH OUR TRUE FEELINGS BECAUSE OF PAST EXPERIENCES. IN ORDER TO ELEVATE IN LIFE AND GROW, YOU MUST BE ABLE TELL OTHERS WHAT IT IS THAT YOU ARE FEELING, NOT FOR THEM BUT FOR YOUR OWN PEACE OF MIND. BELOW ARE SOME THINGS TO CONSIDER WHEN TRYING TO COMMUNICATE.

Process:

BE SURE THAT THAT YOU ARE TAKING OUT THE TIME TO ACTUALLY FEEL YOUR FEELINGS SO THAT YOU FULLY UNDERSTAND THEM. MANY TIMES WE CAN MISTAKE ONE FEELING FOR ANOTHER BECAUSE WE HAVR NOT FULLY PROCESSED THEM.



Be Selective:



SOMETIMES IT MAY SEEM LIKE PUTTING YOURSELF OUT THERE IS JUST NOT WORTH THE RISK AND YOU WOULD RATHER JUST SUFFER IN SILENCE THAN TO FEEL LIKE YOUR BEING JUDGED. GUESS WHAT? SOMETIMES THIS CAN BE TRUE. EVERYONE IS NOT WORTH SHARING YOUR INTIMANTE FEELINGS WITH, THAT IS UP TO YOU TO DECIDE.

Don't Rush:

TAKE YOUR TIME, BE PATIENT WITH YOURSELF. IF YOUR FEELING ANXIOUS, JUST TAKE SOME DEEP BREATHS AND CONTINUE WITH WHAT YOUR WERE SAYING.

Be Intentional:

BE INTENTIONAL WITH EVERYTHING THAT YOU SAY. WAIT UNTIL YOU ARE CALM AND FEELING LEVEL HEADED. STAND STRONG IN YOUR BELIEFS AND DON'T WAIVER OR BACK DOWN IF THE OTHER PERSON DOESN'T AGREE WITH YOUR POINT OF VIEW.



Listen:

EXPRESSING YOURSELF IS ONLY HALF THE BATTLE. YOU ALSO NEED TO TAKE INTO ACCOUNT THE OTHER PERSONS FEELINGS. MAKE SURE THAT YOUR ARE LISTENING TO UNDERSTAND THEM AND NOT JUST TO RESPOND OR REACT. THE CONVERSATION WILL NOT BE PRODUCTIVE IF YOU DON'T LISTEN TO THEM THE SAME WAY THAT YOU WANTED THEM TO LISTEN TO YOU.





Day 27: Recognize

TRIGGERS ARE A HUGE PART OF DEALING WITH TRAUMA. RECONIZING THESE TRIGGERS IS A HUGE PART OF HEALING. WHEN YOU ARE TRIGGERED BY SOMETHING, THIS TYPICALLY RESULTS IN SOME TYPE OF EMOTIONAL RESPONSE TO DISTURBING CONTENT. HOWEVER, THIS IS NOT THE SAME A BEING UNCOMFORTABLE. TRIGGERS ARE USUALLY REMINDERS OF A TRAUMATIC EVENT.


DIRECTIONS: TO IDENTIFY SOME OF YOUR TIGGERS THINK ABOUT TIMES THAT YOU GENERATED A STRONG EMOTIONAL RESPONSE (ANGER, SADNESS, FEAR, ECT), THINK ABOUT WHAT WAS GOING ON AT THE TIME (OUTSIDE OF OBVIOUS DETAILS). THINK ABOUT WHAT YOU CAN DO NEXT TIME YOUR FACED WITH THESE TIGGERS.

What are some of my triggers? How did I react?


How can I cope next time?

Day 28: Grow

DIRECTIONS: READ THIS AS MANY TIMES AS YOU NEED TO TODAY. REMIND YOURSELF OF THIS AS MANY TIMES AS YOU NEED TO.



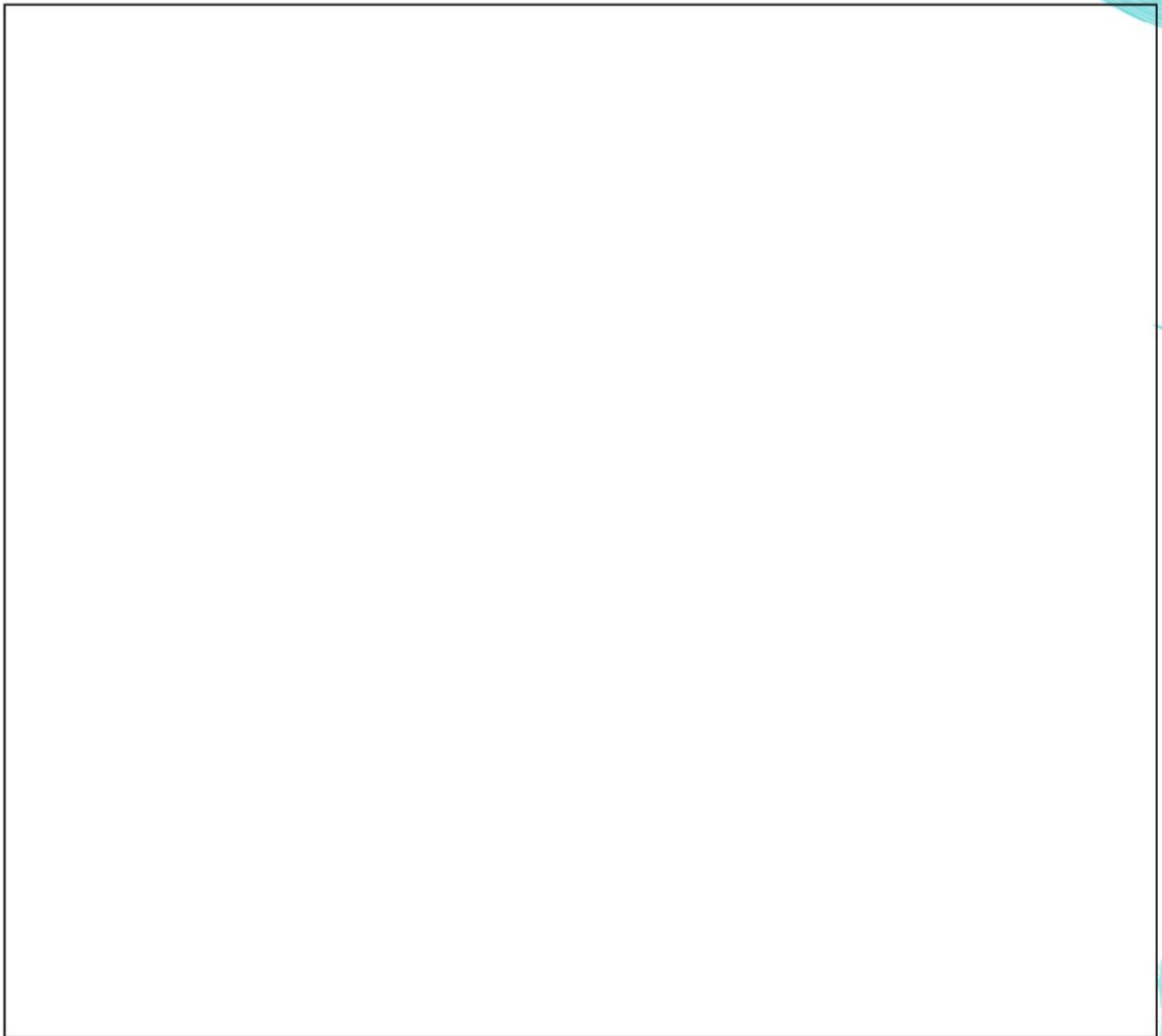
**"I AM BETTER THAN I USE TO BE.
BETTER THAN I WAS YESTERDAY.
BUT HOPEFULLY,
NOT AS GOOD AS I WILL
BE TOMORROW.**



Day 29: Love

DIRECTIONS: BELOW ARE THREE JOURNAL PROMPTS FOR A JOURNAL ENTRY. YOU CAN PICK ONE QUESTION TO EXPAND ON, OR ANSWER ALL THREE. DO WHATEVER YOU ARE MOST COMFORTABLE DOING.

- 1. WHAT WOULD I DO TODAY IF I LOVED MYSELF?**
- 2. WHAT DO I IMAGINE/BELIEVE SELF-LOVE FEELS LIKE?**
- 3. HOW CAN I SUPPORT MYSELF TODAY?**

A large, empty rectangular box with a thin black border, intended for writing a journal entry. To the right of the box, there are decorative teal brushstroke graphics.

Day 30: Elevate



YOU HAVE MADE TO THE LAST AND FINAL DAY OF THIS HANDBOOK, VERY BITTERSWEET. NOW THAT YOU ARE DONE, YOU CAN'T JUST FORGET EVERYTHING THAT YOU HAVE LEARNED FROM THIS, APPLY IT.

DIRECTIONS: USE THE SPACE BELOW TO WRITE YOURSELF A LETTER FOR WHEN YOU ARE NOT FEELING THE BEST. WRITE ABOUT GOOD MEMORIES, WHAT YOU LOVE ABOUT YOURSELF, WHAT YOU LEARNED FROM THIS HANDBOOK.. WHATEVER WOULD HELP YOU FEEL BETTER & REMIND YOU THAT YOU GOT THIS!


This is a letter for a rainy day...

The BiChromosome COLLECTION



NOTE FROM THE AUTHOR:

THIS HANDBOOK IS JUST MY WAY OF TRYING TO CONTRIBUTE TO SUICIDE AWARENESS MONTH IN THE BEST WAY I KNOW HOW TO. EVERYONE HAS BAD DAYS, LIFE NEVER GOES EXACTLY ACCORDING TO PLAN AND THAT'S OKAY. WHEN LIFE HITS YOU HARD, YOU HIT BACK HARDER. NEVER GIVE UP ON YOURSELF. YOU ARE WORTH IT!



Asha Reeves

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