



Saving Lives with QPR



We've all come to recognize CPR as a process that can be used to save someone's life when their heart has stopped. QPR is also a life-saving process, but is used when someone is "heart-broken," and they are considering suicide.

Both CPR and QPR are designed to identify and interrupt the crisis, stabilize the person at risk, and then get them proper care.

People can learn to become "gatekeepers" and recognize the warning signs of a suicide crisis and how to then:

Q - Question

P - Persuade

R - Refer

Gatekeepers can be most anyone - parents, friends, teachers, coaches, neighbors, nurses, doctors, first responders, supervisors, ministers, co-workers....

Just like acting upon the shrieks of a smoke detector can eliminate the need to call the fire department, knowing and responding correctly to early warning signs of a suicide may be enough to avert the need for more drastic actions.

The more people that know how to perform QPR, the more lives that can be saved.

For more information go to QPRInstitute.org.

Ring the bells that still can ring;
Forget your perfect offering.
There is a crack, a crack in everything.
That's how the light gets in.

Anthem by Leonard Cohen

Creating Resilience

I've failed over and over again in my life. And that is why I succeed.

- Michael Jordan

Stop for a moment and ask yourself this question, "*When something in my life goes wrong, do I break down, blow up, or bounce back?*"



Our reaction to stress may feel unchangeable, but resilience *can* be cultivated. The ability to "bounce back" is built on skills that can be learned. Becoming more resilient doesn't mean that your problems will vanish, but it will help keep them from being the center of your life.

Here are some steps you can take to improve your resiliency skills.

→ **Choose to build connections.**

Volunteer, join a faith community, or find groups of people that share your interests. Take good care of the relationships you have with the people that care about you. When you've got someone's back, and they've got yours, everyone is stronger.

→ **Do something today that helps you look forward to tomorrow.** Even in the face of difficulty, working towards something that matters deeply to you can keep you moving. What gives you a sense of accomplishment and purpose? Do more of that!

→ **Remember how far you've come.**

You've coped with hard times in the past, and you learned something from those times. What was helpful and what wasn't? How could you apply what you learned right now?

→ **Keep stretching yourself to become more flexible.**

Because you can implement what you've learned, you can also have faith in your ability to navigate the changes that are always ahead. You can adapt. You can even do more than that. You can thrive.

→ **Take good care of your whole self.**

Move your body in ways that you enjoy. Eat food that nourishes you. Sleep enough. Learn new things. Practice being peaceful. Have fun. Be kind to yourself. This isn't frivolous or selfish - this keeps you strong! Flip this sheet over for information on Emotional First Aid.

→ **Pay attention to life's "warning signals."**

Ignoring problems doesn't make them go away, it just gives them room to grow. Make a plan to address them instead. Need some help creating a new course of action? Sawtooth Mountain Clinic's Behavior Health Consultants can help. Just call 387-2330 to set up an appointment.

Want more information on developing resilience? Check out [The Road to Resilience](http://www.apa.org/helpcenter/road-resilience.aspx) at www.apa.org/helpcenter/road-resilience.aspx.

Taking care of ourselves
can take a lot of support.
We're here to help!
Ask a nurse or provider
if you'd like to talk.

Emotional First Aid

What do you do when you have a physical injury, such as a cut on your finger? Stop the bleeding, disinfect the cut, cover it with a bandage, and keep it clean while it heals.

What do you do when you have an emotional injury? Suck it up; ignore it; try to forget about it and hope it goes away. Wait.... **What???**

Why does there seem to be such different expectations for recovering from emotional pain, when it is just as real and potentially just as harmful? Emotional first-aid can speed recovery and prevent further damage, just like physical first-aid does.

Here are 7 hints for helping to heal the hurts you can't see.

-  **Pay attention to pain.** Just as physical pain is a signal that something is wrong and we need to address it, emotional pain is a signal too. On-going emotional distress is a warning sign that we've sustained a psychological wound that requires treatment.
-  **But don't pay attention to *only* the pain.** Imagine that you were to stub your toe. Then, in focusing on that, you stumble on your next step and bruise your shin. Then, while you're caught in that pain, you lose your balance and twist your ankle. Just as one physical injury can lead to another, focusing only on emotional pain can lead to a downward spiral of emotional hurts. Instead, recognize the reflexive reaction to hurtful events, but stop the spiral by preparing and planning for different ways that you could better navigate similar paths in the future.
-  **Listen to the way you talk to yourself.** How would that conversation sound if it were to be spoken out loud? Would the words and tone be supportive and compassionate or hurtful and unkind? If the conversation is habitually negative, this can lead to even more emotional pain. You don't have to pay attention to anyone that is being purposefully cruel to you, even if that person is you.
-  **Hit the "mute" button on negative commentary.** Whether it's negative self talk, intrusive worry, or simmering resentment, you can choose to engage your mind in something else. Concentrate on another task (reading, doing a cross-word, counting your breaths....) Even a few minutes of self-distraction can diminish the urge to fall back into that negative rut.
-  **Look for meaning, even in loss.** There is no life without loss, but the wounds from those experiences don't have to keep us paralyzed. Experiment with sifting through loss to find shards of meaning and even a sense of purpose. How might you use this purpose to create a life that is more aligned with your deepest values? How might you use it to help others that are hurting too?
-  **Clean up excessive guilt.** Feeling guilt isn't a bad thing. It can alert you that it's time to work on relationships. It can point out places where you're not behaving like the kind of person you want to be. A good way to release excessive guilt is to get better at apologizing when you've done something that has hurt someone else. Real apologies focus less on explaining away your behavior and more on expressing an understanding of how that behavior impacted another person. Then move forward, putting real effort into creating a different outcome the next time.
-  **Figure out which first-aid remedies fits you best in which situations.** Just like some physical injuries need to be iced while some need heat, different emotional first-aid will work better for you at certain times. Notice how your emotional injuries usually play out, then apply that knowledge to choosing ways to help yourself heal.

This information is based on a powerful video presentation by Dr. Guy Winch.
Watch it at www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene/

