

# NEWSLETTER

## Suicide Prevention & Awareness

**SUICIDE STIGMAS:**

**FINDING STRENGTH TOGETHER**

ISSUE 3 | 08/28/2024

WWW.SCORPIONGODDESSNAILS.BLOG



**ONE DAY AT A TIME, WE  
CAN MAKE THE WORLD A  
BETTER PLACE....**

We can all agree, some days are better than others.... But, each day has its' own beauty, wouldnt you say? A beautiful sunrise, a relaxing sunset... A refreshing beverage, a wholesome meal.... The sound of birds chirping, the flutter of butterflies. Beauty can be found all around us, if we are willing to see it.

*Rest in heaven to a truly beautiful and divine soul; remembering Ariana, always!*

## MYTHS & FACTS

Join us in exploring and debunking common suicide myths, opening the dialogue and emphasizing the importance of having open and honest discussions, reducing the stigma associated with suicide awareness.

## SHAME, POSITIVE THOUGHTS, AND STIGMAS

Prioritizing self-care and mental wellness is essential. But, that can be easier said than done!

Let's explore shamefulness and thought patterns as we push-back on stigmas surrounding suicide.

## PERSONAL STORIES & TESTIMONIALS

my friend Ariana took her own life to suicide in October of 2023 and since her passing, I knew I had to make it my lifelong commitment to always honor her life and continue to shed light on her story!

3.18.1992-10.18.2023



*Ariana.*

Hey love! I have to be honest.... I thought this project would get easier with time... I thought each newsletter would get easier than the one before.... But, I was quite mistaken, to say the least!

The more time passes, and, the more I reflect on your photos.... The more real this becomes. And, the harder it is to believe!

Everyday, I see your death certificate, framed on my wall. As painful as it is to look at, and, as crazy as it may seem to have it out in plain sight.... The more I am constantly living in remembrance of you... And, the loss of you.

I still find myself wishing this wasn't real.... And, feeling a sort of resentment knowing you are no longer a living vessel on this planet.... Still feeling shame knowing more could have been done to save you...

Hence, PROJECT FOREVER ARIANA! ❤️



**Ariana Marie Aleman**

**a beautiful vessel of life  
with a heartbeat robbed too  
soon, and lifelong legacy that  
lives on forever!**

**#PROJECTFOREVERARI**



*End the  
Stigma!*

**YOU  
DESERVE  
TO BE  
HEARD!**

**Suicide myths have their way of making discussing suicide seem scary! As if the topic isn't uncomfortable enough to begin with... Right?**

**Misconceptions are common, regarding suicide. For example, some may believe avoiding the topic will make the thoughts go away, and ensure a suicide doesn't happen...**

**Though, the contrary is true. Creating an open dialogue around the topic of suicide, saves lives!**



# SUICIDE MISCONCEPTIONS



FACTS

VS

MYTHS

**“People who talk about suicide won’t really do it.”**

**Most people who die by suicide have given some warning or expressed their feelings beforehand.**

**“Suicide happens without warning.”**

**There are often warning signs, such as talking about wanting to die, feelings of hopelessness, and withdrawing from friends and activities.**

**“Only people with mental illnesses are suicidal.”**

**While mental health issues are a significant risk factor, people without diagnosed mental illnesses can also experience suicidal thoughts.**

**“People who are suicidal are determined to die.”**

**Most suicidal individuals are ambivalent about dying and are seeking relief from unbearable pain.**

**“Talking about suicide can plant the idea into someone’s mind.”**

**Talking openly about suicide does not increase the risk. It can actually help by providing an opportunity for intervention and support.**



# SUICIDE MISCONCEPTIONS



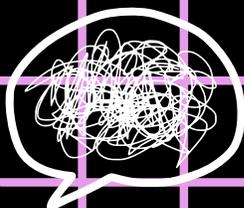
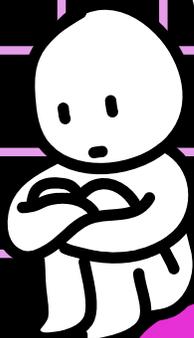
**“Once someone decides to die by suicide, nothing can stop them.”**

**FACTS**

**Many people who are suicidal can be helped with timely intervention and support.**

**MYTHS**

**“Improvement after a suicidal crisis means the risk is over.”  
The risk of suicide can remain high even after an individual starts to feel better.**



**“THOUGH NO ONE CAN GO BACK AND MAKE A BRAND NEW START, ANYONE CAN START NOW AND MAKE A BRAND NEW ENDING.”**

**—CARL BARD**



# EVIDENCE BASED FACTS



**Suicide is a leading cause of death worldwide.**

**Globally, suicide is one of the leading causes of death among people of all ages.**

**Mental health conditions are a major risk factor.**

**Conditions like depression, bipolar disorder, and substance abuse significantly increase the risk of suicide.**

**Warning signs are often present. Many individuals exhibit warning signs such as talking about wanting to die, expressing feelings of hopelessness, and withdrawing from social interactions.**

**Access to means can increase the risk.**

**Having access to lethal means (e.g., firearms, medications) increases the risk of suicide.**

**Intervention and support can save lives.**

**Effective intervention, such as therapy, support from loved ones, and crisis hotlines, can significantly reduce the risk of suicide.**

**Suicide affects people of all demographics.**

**Suicide does not discriminate and affects people of all genders, ages, races, and socioeconomic backgrounds.**



**DID YOU KNOW?**

*Suicidal thoughts aren't something we should be so ashamed of.*

**Shame is a powerful and complex emotion, especially when it comes to suicidal thoughts. Understanding how shame interacts with suicidal thoughts and affects the ability to share these thoughts with others is important for both those experiencing these feelings and those who want to support them.**



**REALISTICALLY, WE ALL HAVE FEELINGS OF FAILURE AND URGES TO GIVE-UP SOMETIMES! WOULDN'T YOU SAY?**

**Shame is the deeply uncomfortable feeling of being flawed, unworthy, or unacceptable.**



# FEELING ASHAMED....



People who have suicidal thoughts may feel like they are failing at life. They may believe that their struggles or inability to cope is a personal failure, leading to deep shame. This shame can make them feel even more isolated and hopeless.

Suicidal thoughts are heavily stigmatized in many cultures. The fear of being judged, misunderstood, or rejected if they share these thoughts can create a strong sense of shame. This stigma can prevent individuals from seeking help or talking about their feelings, reinforcing their isolation.

Those with suicidal thoughts often feel like a burden to others. They may think that by sharing their struggles, they will only add to the problems of those around them. This belief is rooted in shame—the idea that their needs or feelings are not valid or worthy of attention.

People might see themselves as weak or inadequate for having suicidal thoughts. They may believe that they should be able to handle their problems without needing help, leading to self-shame and a reluctance to reach out.



# SUFFERING IN SILENCE...

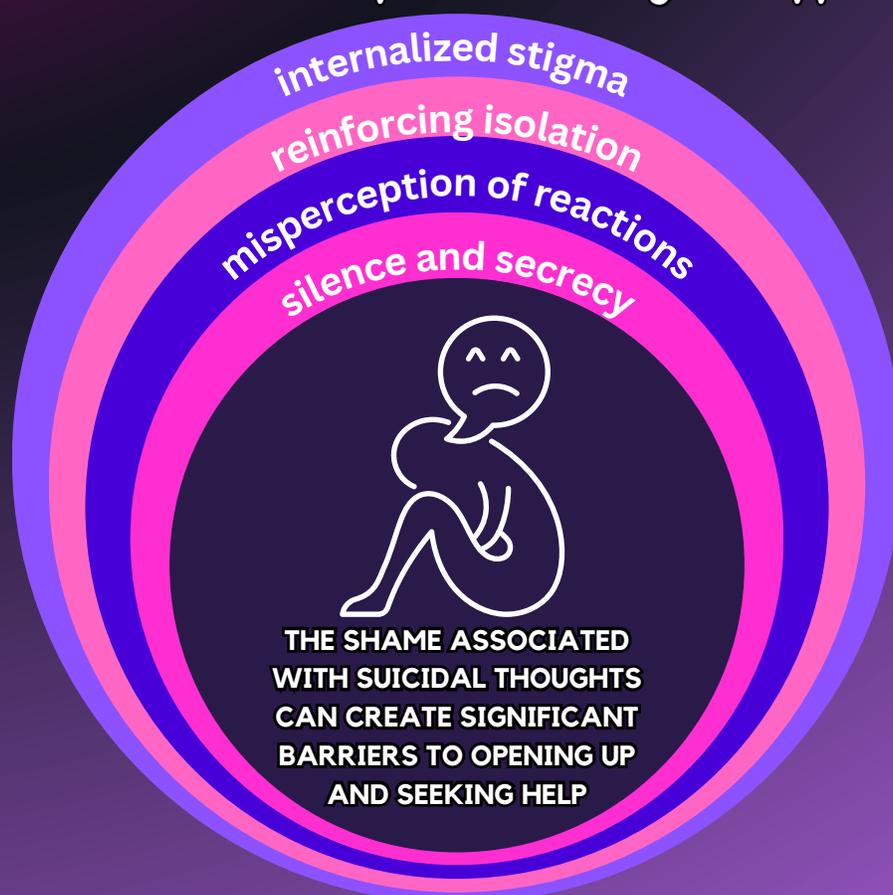


Shame often leads to silence. The fear of being judged or the belief that their feelings are not valid can prevent someone from sharing their thoughts with others. This silence can make the situation feel even more overwhelming and unmanageable.

Shame can distort how people think others will react. They may fear that sharing their thoughts will lead to rejection, anger, or even disgust. In reality, most people are compassionate and want to help, but the shame can convince someone otherwise.

When shame keeps someone from reaching out, it reinforces feelings of isolation and hopelessness. This isolation can exacerbate suicidal thoughts, creating a vicious cycle that is hard to break without external intervention.

The internalization of societal stigma around mental health and suicide can make people feel like they don't deserve help or that they are weak for needing it. This can make it extremely difficult for them to take the first step toward asking for support.



# SHAME, AND SUICIDAL THOUGHTS



UNDERSTANDING AND ADDRESSING THE  
ROLE OF SHAME IS KEY TO HELPING  
SOMEONE OPEN UP ABOUT THEIR  
SUICIDAL THOUGHTS



“I may not always realize it when I am feeling emotional, but when I take a moment to breathe and relax my thoughts... I can remember: I AM NOT MY FEELINGS! Even though I may FEEL bad, I know, feelings pass with time. I can give myself a break, instead of allowing myself to feel broken.”

Shame is a significant barrier that can prevent people with suicidal thoughts from seeking help or sharing their feelings with others. By understanding the role of shame and actively working to create a supportive, non-judgmental environment, we can help reduce the burden of shame and encourage more open conversations about mental health. If you or someone you know is struggling with suicidal thoughts, it's important to reach out for help. Professional support, whether through therapy, counseling, or crisis services, can be life-saving.



**WAYS TO HELP:**  
Create a Safe Environment  
Normalize the Conversation  
Offer Compassion  
Encourage Seeking Help  
Reframe Shame  
Be Patient

# POSITIVE VS NEGATIVE THOUGHTS

UNDERSTANDING THE DIFFERENCE BETWEEN POSITIVE AND NEGATIVE THOUGHTS IS ESSENTIAL FOR MAINTAINING A HEALTHY MINDSET.



Positive thoughts tend to make you feel uplifted, motivated, or calm. They bring a sense of peace, hope, or contentment.

Negative thoughts often cause feelings of anxiety, sadness, hopelessness, or frustration. They leave you feeling drained or discouraged.

“my feelings do not define me, they are not in control of who I choose to be. my feelings come, and go, as the waves of the ocean and the breeze of the wind. My feelings are a part of me, but they do not define my destiny!”

Every day is a new opportunity to grow.

My life will never improve.

I am resilient and can overcome difficulties!

I can't handle this situation.

I deserve happiness and success!

Everything always goes wrong for me.

I trust myself to make the right decisions.

I don't deserve good things to happen to me.

I am capable of finding solutions to problems.



I'm not good enough.

I can handle this challenge.

No one cares about me.

I am proud of what I accomplished today!

I always mess things up.

There's no point in trying; I'll just fail.

I'm grateful for what I have!



I'm a burden to others.

# NEUTRAL & GROUNDING THOUGHTS ”

NEUTRAL THOUGHTS ARE A VALUABLE TOOL FOR MANAGING YOUR MINDSET, ESPECIALLY WHEN YOU'RE NOT FEELING GREAT BUT WANT TO AVOID SLIPPING INTO NEGATIVE THINKING. NEUTRAL THOUGHTS HELP YOU STAY GROUNDED AND AVOID EXTREME EMOTIONAL RESPONSES.

**Neutral thoughts are those that don't swing too far towards positive or negative. They are objective, factual, and non-judgmental. These thoughts help you acknowledge your current feelings or situation without intensifying them or diminishing them. Neutral thinking can serve as a bridge between negative and positive thinking, allowing you to stay balanced.**



“I have the power to control my emotions and ground my thoughts. When I am exhausted with feeling the highs and the lows of my own reflections, I embrace neutrality and give my mind a break!”

# NEUTRAL & GROUNDING THOUGHTS



## Examples of Neutral Thoughts...

**This is a challenge I'm facing right now.**

**I don't know what will happen next, but I'll deal with it when it comes.**

**Things are what they are at the moment.**

**I'm doing the best I can with what I have.**

**I'm allowed to take a break and reflect.**

**This is just one moment in time; it will pass.**

**I'm not sure how I feel about this situation.**

**I'm going to take things one day at a time.**

**I'm feeling tired, and that's okay.**

**I'll figure this out step by step.**



IT'S IMPORTANT TO  
ACKNOWLEDGE THAT  
REFRAMING SUICIDAL THOUGHTS  
IS A DELICATE PROCESS. IT'S  
ABOUT GENTLY GUIDING THE  
MIND TO A PLACE OF SAFETY  
RATHER THAN FORCING  
POSITIVITY.

# NEUTRAL & GROUNDING THOUGHTS



## How to use Neutral Thoughts...



### Acknowledge Your Feelings:

Recognize your current emotional state without judging it. For example, if you're feeling anxious, you might think, "I'm feeling anxious right now, and that's okay."



### Stay Present:

Focus on the present moment instead of worrying about the future or dwelling on the past. Neutral thoughts often emphasize what is happening right now, without projecting forward or backward.

### Avoid Absolutes:

Neutral thoughts avoid all-or-nothing thinking. Instead of thinking "I'll never get through this," a neutral thought would be, "I don't know how this will turn out, but I'll handle it as it comes."

### Detach from Judgement:

Instead of labeling situations as "good" or "bad," simply observe them. For instance, if something didn't go as planned, instead of thinking "I failed," you might think, "That didn't work out as I expected."

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### Focus on Facts:

Stick to the facts without adding emotional weight to them. For example, "I have a lot of work to do" is a neutral thought compared to "I'm overwhelmed by how much work I have."

**"No one would miss me if I were gone."**

**Neutral Thought:** "It's hard to see my value right now, but others might feel differently than I do."

**Grounding Thought:** "I can't predict how others would feel, but I'm here now, and I need to take care of myself."

**"I can't keep living like this."**

**Neutral Thought:** "This is an incredibly tough time, and I'm struggling to cope."

**Grounding Thought:** "I'm in pain right now, but there might be other options I haven't explored yet."

**"I'm a burden to everyone around me."**

**Neutral Thought:** "I feel like a burden, but that doesn't mean I am one."

**Grounding Thought:** "People care about me even if I can't see it right now."

**"There's no way out of this pain."**

**Neutral Thought:** "The pain feels overwhelming, but it might not last forever."

**Grounding Thought:** "Right now, I can't see a way out, but there might be help available."

**"The world would be better off without me."**

**Neutral Thought:** "I feel like I don't matter, but that's how I feel, not necessarily the truth."

**Grounding Thought:** "It's hard to imagine my impact, but everyone's life has meaning, including mine."



**"I'm too tired to keep going."**

**Neutral Thought:** "I'm exhausted and struggling, but rest might help."

**Grounding Thought:** "I'm overwhelmed right now; maybe I can take things one step at a time."

**"Nothing will ever get better."**

**Neutral Thought:** "It feels like things won't improve, but the future is uncertain."

**Grounding Thought:** "I can't predict the future, and it's possible things could change."

**"I don't deserve to live."**

**Neutral Thought:** "I'm feeling unworthy, but everyone deserves care and support, including me."

**Grounding Thought:** "My feelings of worthlessness don't define my right to be here."

**"I can't face another day like this."**

**Neutral Thought:** "Today is overwhelming, but tomorrow might be different."

**Grounding Thought:** "I don't have to solve everything today; I can focus on just getting through right now."

**"It would be easier if I just ended it all."**

**Neutral Thought:** "I'm looking for a way to end the pain, but there may be other ways to find relief."

**Grounding Thought:** "Ending things feels like the only option, but I can reach out for help before making any decisions."

# THE FIGHT AGAINST SUICIDE...



*is a fight we ought to be ready for!*

## **Acknowledge the Pain:**

**It's crucial to recognize that the pain and despair behind suicidal thoughts are real and valid. Start by acknowledging that you are struggling.**

## **Focus on the Present:**

**When overwhelmed by suicidal thoughts, bringing your attention to the present moment can help you feel more grounded. Think about what you can do right now to feel even a tiny bit safer or calmer.**

## **WE CAN USE NEUTRAL AND GROUNDING THOUGHTS IN OUR FIGHT AGAINST SUICIDE**

### **Small Steps:**

**Break things down into the smallest possible steps. Focus on just getting through the next minute or hour rather than thinking too far ahead.**

### **Reach Out:**

**Neutral thoughts can help you get to a point where you feel able to reach out to someone for help. Remember that it's okay to ask for support, whether from a friend, family member, or mental health professional.**



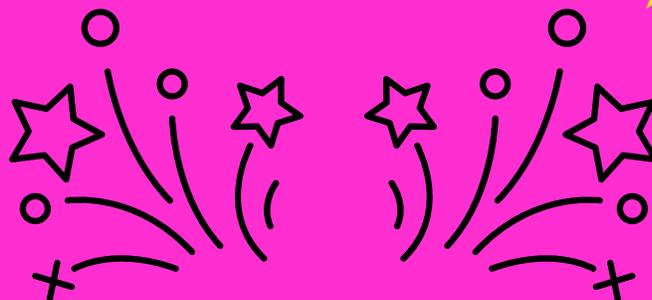
## *Tribute, in Remembrance of Ariana*

Losing someone you love to suicide, I feel, is something you never fully recover from, emotionally. When you sit back in your quiet time and reflect on how beautiful of a person they were, or how much you cared for them.... It becomes nearly impossible to imagine their demise, at their own will. The feeling, is almost an out-of-body experience, in the sense that, you feel so deeply compelled to stop time and change the equation, somehow! In your mind, and in your heart, you cannot fathom someone you love wanting to leave this planet so much, that, they simply did. And, you're forced to endure feelings of regret, wishing you would have been there, or there would have been something you could do. In the end, you remember, 'this is not about you!' and, with that, I say, Rest in Heaven Ari, we love you!

# CELEBRATE YOUR LIFE



**RECOGNIZING AND ACCEPTING OUR EMOTIONS, PRACTICING MINDFULNESS, AND CELEBRATING LIFE'S FOND, LITTLE MOMENTS IS THE KEY TO EMBRACING LIFE FULLY!**



**WHEN WE ALLOW OURSELVES TO ACKNOWLEDGE OUR FEELINGS WITHOUT JUDGEMENT, WE CAN BREAK FREE FROM THE SHAME OF ANYTHING HOLDING US BACK, AND WE CAN BEGIN HEALING.**



**MINDFULNESS AND ENGAGING OUR SENSE HELPS US STAY GROUNDED IN THE PRESENT, WHILE SMALL RITUALS AND GRATITUDE PRACTICES ALLOW US TO FIND JOY IN THE ORDINARY.**

**CONNECTING WITH OTHERS AND SHARING OUR EXPERIENCES REDUCES ISOLATION AND STRENGTHENS OUR SENSE OF COMMUNITY.**

**COLLECTIVELY, ADAPTING THESE HABITS HELP US MOVE FROM MERELY SURVIVING TO TRULY LIVING, MAKING EACH MOMENT AN OPPORTUNITY TO CELEBRATE LIFE AND FEEL MORE ALIVE.**



**LET'S GET INVOLVED!**



## **THE FOREVER ARI PROJECT OFFERS SUPPORT!**

**Learn to calm your own storm.  
You cannot expect your friends,  
your partner, your family to  
always be in a headspace to  
receive that negative energy.  
It's your own job to pull yourself  
out of negative thought.**

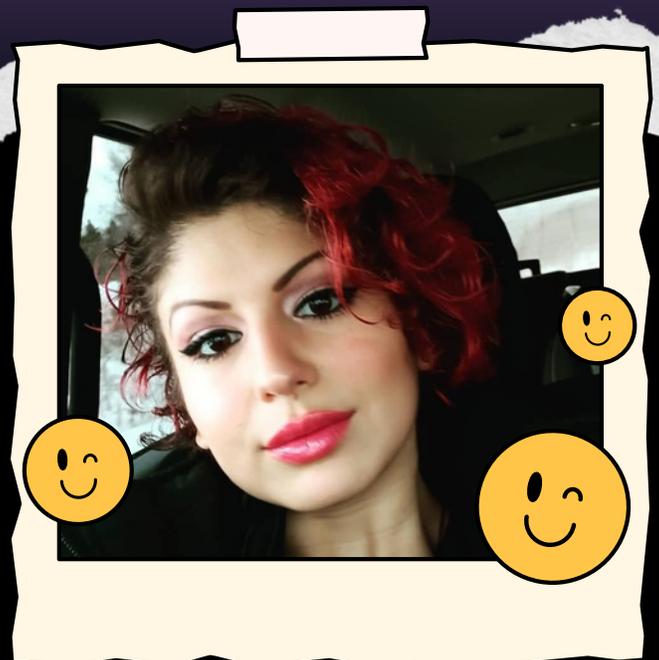
### **THIS IS A CLEAR EXAMPLE OF A WARNING SIGN**

together, we can learn to recognize the warning signs of someone who may be facing depression and suicidal thoughts.

as tough as life can be, we have to always be willing to remind ourselves how loved we are.

the forever ariana project will strive to provide and promote community involvement with hopes to save lives and spread awareness to prevent suicide.

**STAY TUNED FOR FUTURE UPDATES ON OUR PROJECT!**



UNTIL WE MEET AGAIN...

”



# PROJECT FOREVER ARIANA



STAY TUNED  
FOR FUTURE  
UPDATES  
AND  
NEWSLETTER  
RELEASES.



EST. 2024 IN LOVING MEMORY  
OF ARIANA MARIE ALEMAN