

Cle Advocacy

Never "hang" in there

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Introduction

A pandemic is happening, we do not get to see our friends, our families are apart from each other, and you are sitting in your "lovely" abode, staring at a white blank wall, you feel a heavy weight in your chest but just cannot let it go, then you saw that gun, loaded it, and pulled the trigger. That is how one kills themselves, conflict within their hearts due to isolation, and conflict that to the outside from the things that surrounds them. The pain in one's heart just wants to rest, but that is not the way to go. The church is against it, the family is against it, and certainly everyone is against it except for ones with suicidal thoughts. Friendships, families break down because of it, and a group of people will have their hearts broken, blame themselves, and likely do the same. How can we stop this?

Body

Well, before we answer the how, let us ask the why first, why stop the problem when it does not matter to you? Well, let me ask you another question. Recount the time

where you could not see someone close to you, separated for so long because of this pandemic. Now imagine losing that someone forever, and the ones who took them, were themselves. See the problem! It hurts,

and it is rampant due to this pandemic, Hence why you should spend every ounce of time with them, and give them the support you can, because the

worst feeling is knowing that you could have done something and you did nothing, and has the potential to have those thoughts, to end it all and be with their side.

And if you are the one with those thoughts, please reconsider your choice, like every other decision, this one cannot be reversed, and consequences are major. Think of the damage you will do if you just take your life with your own hands. Friends, families, and things that surround them will be affected, and it could have the potential to make them even take their own lives.

Solutions

Now that you know why you should stop this, it is time for the “how can we solve this?” I’ll give answers on both sides. First, being a friend of someone, detecting these is difficult, hence why to look for warning signs. The most notable ones are: previous attempts, Self-hate, and hopelessness, but I can be as subtle as disturbed sleep pattern, sudden mood change. Once you gather a sufficient amount of information.

*The first solution is to simply talk about it.

Especially in this day and age, everyone has been thought to shut their mouth about their feelings, and just keep it inside, but that is wrong, It is downloading files in a pc, all those files sitting there, and sometimes that one program needs to update regularly and it requires more space, it keeps adding up until your pc is unable to function properly anymore.

This also applies to humans, too much pressure in the heart can cause us to fail, worse case scenario is suicide, hence why talking to someone is important, this same goes if you have those thoughts as well, talk to someone you truly trust, and that weight will be lifted.

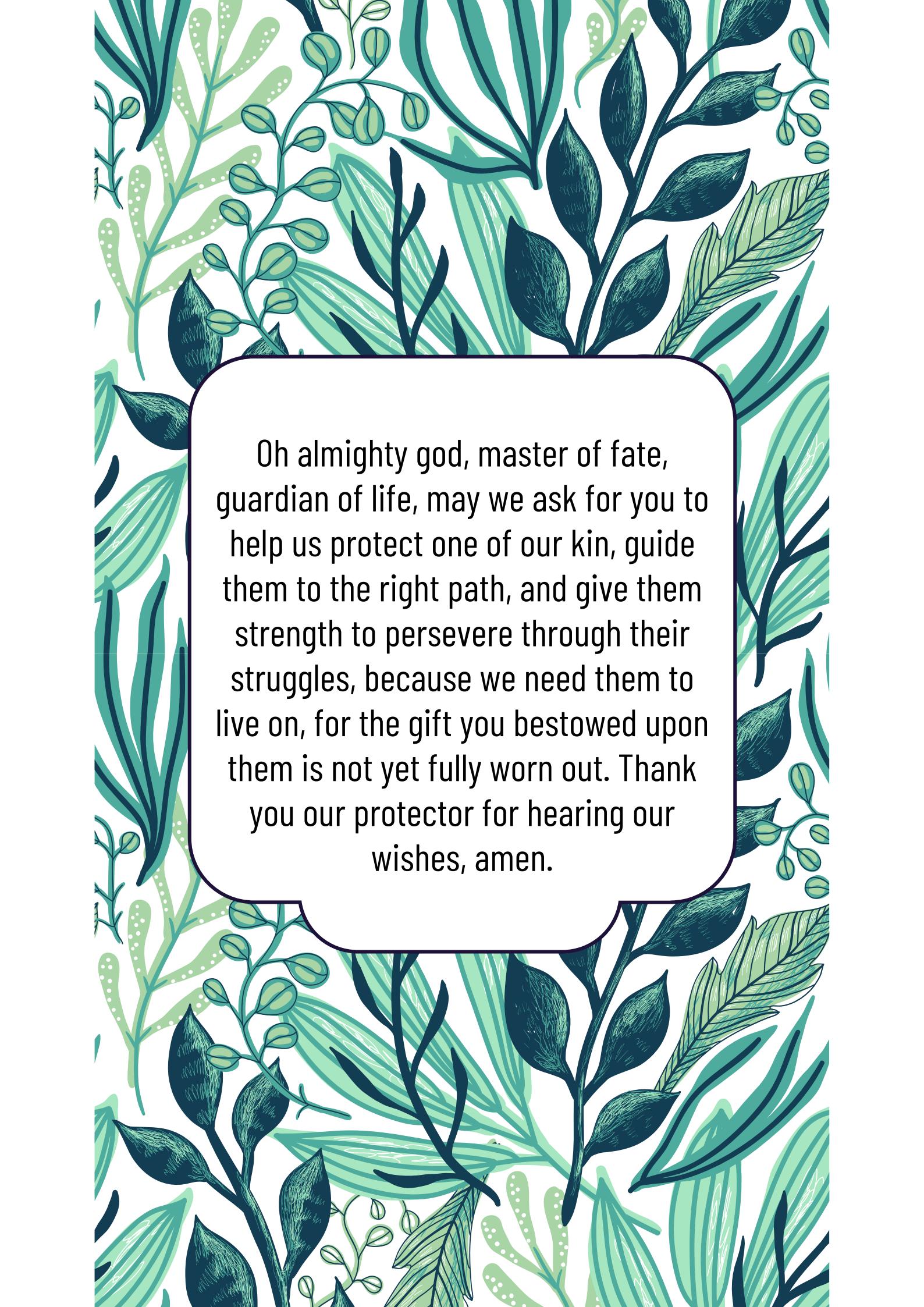
- *Second, is to seek help from a professional, the professionals have knowledge of what you are going through and can aid you in your situation
- *Third you may have heard this so many times but go exercise, some stretches, jogging or simply playing tag like kids if you want, According to research, exercising changes the brain which leads to increased energy, improved mood, memory and attention.
- *Fourth pick up some hobbies to distract yourself, and you might enjoy yourself in the process, this one is for the person with suicidal thoughts, but it is even more enjoyable when a person who's closest to them and like their company accompanies them during these activities. According to research, working with a person helps someone's mood, lessens their burden and actually makes it fun especially if they are friends
- *Lastly, it is the most simplest yet rejected one, acceptance. Whatever happens, it is better to accept and move forward with it rather than grieve for the rest of your life, even the lightest of objects become heavy overtime.



Conclusion

Remember that whatever happens in life, please reconsider your choice if you want to end it, and do not just keep it inside! Tell someone you trust, hang out with them, seek help from a professional, exercise, pick up a hobby, and accept that whatever happened, happened.





Oh almighty god, master of fate,
guardian of life, may we ask for you to
help us protect one of our kin, guide
them to the right path, and give them
strength to persevere through their
struggles, because we need them to
live on, for the gift you bestowed upon
them is not yet fully worn out. Thank
you our protector for hearing our
wishes, amen.