

## Ongoing Recovery Tools for Suicide Survivors

Recovery after surviving a suicide attempt is a long process that needs ongoing care. These tools can support safety, stability, and hope over time. They are not a replacement for professional help, but they can work alongside therapy, medication, or peer support.

### **Daily Structure**

- Try to keep a regular routine (waking, meals, sleep). Predictability reduces stress.
- Use a calendar or app to plan small tasks, leaving room for rest.

### **Grounding & Calming**

- Practice 5-4-3-2-1 senses grounding or slow breathing daily, not only in crisis.
- Create a comfort box (photos, scents, soothing items) for when distress rises.

### **Healthy Habits**

- Eat balanced meals and hydrate. Even small improvements help mood and energy.
- Move your body gently each day – walk, stretch, or light exercise if possible.

### **Journaling & Reflection**

- Keep a simple mood or thought diary to spot triggers and progress.
- Write one positive action or support moment each evening.

## **Connections**

- Stay linked with at least one trusted person. Share openly when you feel able.
- Peer support groups (online or local) offer understanding without judgement.

## **Professional Support**

- Talk with your GP or mental health professional about ongoing therapy or medication.
- Ask about crisis plans and who to contact if feelings return.

Recovery is not about never struggling again – it is about building supports, habits, and safety plans that help you keep moving forward, even when setbacks come.