

*I turned to work
or other
activities to take
my mind off
things.*

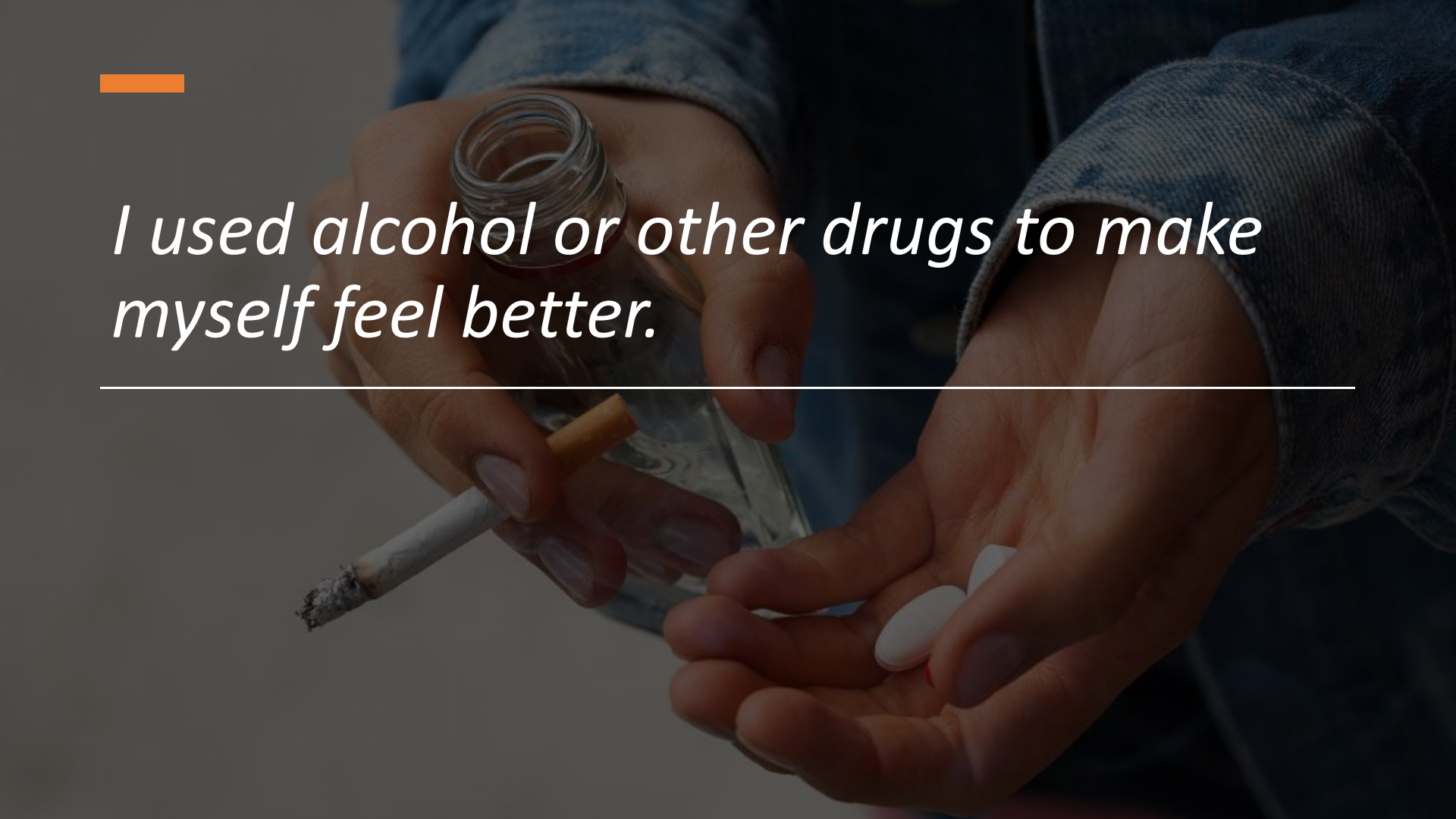


*I concentrated
my efforts on
doing
something
about the
situation I'm in.*



A woman with long dark hair and a man with a beard, both wearing blue denim shirts, are shown from the chest up. The woman has a shocked expression with wide eyes and her hand over her chest. The man has a similar expression, with his mouth wide open and his hand on his forehead. The background is a plain, light-colored wall.

*I said to myself
"this isn't real."*

A close-up photograph of a person's hands. The left hand holds a lit cigarette and a small glass bottle. The right hand holds several white pills. The person is wearing a blue denim jacket. The background is dark and out of focus.

I used alcohol or other drugs to make myself feel better.

I got emotional support from others.





I gave up trying to deal with it.

I took action to try to make the situation better.

Take Action

A green sign with white text that says "Take Action" mounted on a metal pole against a blue sky with clouds. The sign is tilted upwards and has a white border. The background is a bright blue sky with scattered white clouds.

*I refused to
believe that it
has happened.*



*I said
things to
let my
unpleasant
feelings
escape.*





*I used alcohol
or other drugs
to help me get
through it.*

*I tried to see it in a
different light, to
make it seem more
positive.*

s I Can!



I tried to come up with a strategy about what to do.



*I got comfort
and
understanding
from
someone.*





*I gave up the
attempt to cope.*



*I looked for
something
good in what
is happening.*

*I made jokes
about it.*



*I did something
to think about it
less, such as
going to
movies,
watching TV,
reading,
daydreaming,
sleeping, or
shopping.*



*I accepted the reality of the
fact that it has happened.*



*I expressed
my negative
feelings.*



*I tried to find
comfort in my
religion or
spiritual
beliefs.*



A person is silhouetted against a vibrant sunset sky, sitting on a dark, rocky shore. The sun is low on the horizon, casting a golden glow across the clouds and the sea. The person is looking out towards the ocean, which reflects the light from the sky. The overall mood is contemplative and serene.

I learned to live with it.

I thought hard about what steps to take.



*I prayed or
meditated.*



*I made fun
of the
situation.*



*I tried to get
advice or help
from other people
about
what to do.*



I got help and advice from other people.



*I criticized
myself.*



I blamed myself for things that happened.

