

10 Powerful Ways to Fight the Darkness and Win

Free, Simple, and Life-Saving Actions You Can Do Right Now

1. Speak It Out

Reach out to someone you trust—call, text, or simply say, “I’m struggling. Can we talk?”

Why it works: Connection is the strongest weapon against isolation. Speaking it breaks the silence, and silence is where darkness grows.

2. Call for Help (Free and Confidential)

If talking to someone you know feels hard, reach out to someone who’s ready to listen.

- Call 988 (U.S. Suicide & Crisis Lifeline)
- Text HELLO to 741741 (Crisis Text Line)

Why it works: You don’t have to do this alone. Help is just a call or text away, 24/7.

3. Write It Out, Let It Out

Grab your phone or paper and write down everything you’re feeling. Don’t filter it. Then, write one small reason you’re still here.

Why it works: Writing brings clarity and releases emotions that feel trapped. It turns chaos into something manageable.

4. Get Up, Get Out

Take one step outside. Feel the air, look at the sky, and take 10 deep breaths. Walk, stretch, or move your body.

Why it works: Movement releases feel-good chemicals. Nature and fresh air calm the mind. Even one step creates a shift.

5. Shock the System

Splash cold water on your face, hold an ice cube, or run your hands under cold water.

Why it works: The physical sensation interrupts overwhelming thoughts and brings you back to the present.

6. Find the Light in Gratitude

List 3 small things you’re grateful for: a pet, a hot shower, or a favorite song.

Why it works: Gratitude shifts the mind from pain to possibility, from darkness to light.

7. Choose One Small Win

Complete a simple task: drink water, make your bed, or take a shower.

Why it works: Small wins build momentum and remind you that you still have control over pieces of your day.

8. Speak Life (Even If It Feels Hard)

Say a life-affirming statement out loud:

- “This moment will pass.”
- “I am loved. I am needed.”
- “I am stronger than I feel right now.”

Why it works: Words shape reality. Speaking life plants seeds of hope.

9. Connect to Love

Visualize someone you love or who loves you—friend, family, pet, or memory. Hear their voice saying, “You matter to me. Please stay.”

Why it works: Love is one of the most powerful reasons to keep going.

10. Listen to Hope

Play uplifting music, calming sounds, or listen to someone share how they overcame.

Why it works: Hearing stories of survival reminds you that healing is possible and you are not alone.

Worried About Someone? Just ASK.

If you think someone you know is struggling:

- **A** – Acknowledge what you see.
- **S** – Support them with compassion.
- **K** – Keep in touch and follow up.

Simple words can be a lifeline:

“I’m here for you.”

“You matter to me.”

“Let’s take this one step at a time.”

And Remember HOPE

When you’re struggling, hearing someone else’s story can remind you that you’re not alone.

- **H** – Hear their story.
- **O** – Open your heart.
- **P** – Provide encouragement.

- **E** – Empower them.

Healing happens in connection. Hope grows when stories are shared.

A Final Promise with Promise2Live

If you can't see the way forward today, that's okay. Just promise to stay for one more moment, one more hour, one more day.

"I choose to stay. I choose to try. I choose to reach out."

Because you are needed. You are loved. You are worth the fight.
Together, with Promise2Live, we choose hope. We choose life. We choose to fight the darkness and win.

■ Promise2Live.org