

Chapter 1 : What does it feel like to die? | Life and style | The Guardian

Ivan Pavlov, the Russian psychologist, proposed the idea of the 'conditional reflex' at the end of the 19th century, when he demonstrated that dogs who were given food while a bell was ringing would eventually salivate at the sound of the bell alone, even when no food was actually present.

Many of us have experienced suicidal thoughts at some point in our lives. We understand how terrible this pain feels, and we want to help make it tolerable for you. This pain is often made worse by thoughts of being a burden to others or not belonging anywhere. However, this is never the case. Harming yourself will only hurt the people that you love. Studies show that each person who commits suicide directly impacts at least seven people. Furthermore, the feeling of being in unbearable pain will pass. The most important thing to do is to keep yourself safe while you are feeling this bad. How to Make a Safety Plan First, recognize when you are starting to feel really bad, when things are starting to feel dark for you, or you begin to feel anxious. It is a lot easier to deal with these feelings when you catch them early. Plan specific actions that you will take when you start to feel bad. These will help interfere with two behaviors that fuel a suicidal state: What activity are you going to do to make yourself feel better? Do you have a therapist or counselor you can talk to? How can you contact them? Keep their contact information in your phone. Even though you may be in a tremendous amount of pain right now, it is important not to act impulsively on your self-destructive thoughts. Make a promise with a friend, a therapist or with yourself that you will not do anything to harm yourself for a certain amount of time. As one blogger , who has struggled with suicidal thoughts explains: If even for one moment you feel a smidge of joy or like life is actually worth living, you have to start the 3 days again. However, it can give people who are hurting some distance between the thoughts and the action. Putting time between the thoughts and the action saves lives, because no matter how permanent the pain may feel, the suicidal thoughts will come and go, they will not last forever. Make Yourself Safe Take the necessary precautions to make yourself safe. Remove any items you could use to harm yourself from your home. Do not isolate yourself. Talk to Someone People are often too nervous, ashamed or afraid to talk about the fact that they are having suicidal thoughts. However, sharing these feelings with someone you trust is often the first step to feeling better. Find someone you trust, such as a friend, therapist, family member, teacher, member of the clergy or counselor for a helpline. Let the person know how bad you are really feeling. Seeking professional help from a therapist can be particularly helpful. Calling a helpline, such as the National Lifeline or Samaritans, can be an easy, free and anonymous way to get help. The helplines are open 24 hours a day and offer chat or email features, if you prefer to communicate by text. Just talking about how you feel and how you got to this point in your life can be a huge relief and help you find a way to cope with the pain you are currently experiencing. Avoid Drugs and Alcohol Alcohol and drugs often intensify suicidal thoughts. Avoid all alcohol and any drugs that have not been prescribed to you by your doctor. Regulate Your Sleep Lack of sleep can contribute to depression and lead to an increase in suicidal thoughts. Try to regulate your sleep, aiming for eight hours a night. If you find yourself without any energy and sleeping most of the day, it is important to get up and try to do something active. Even if it feels, like the last thing in the world you want to do. Exercise Studies show that exercise can be as effective as antidepressants when it comes to treating depression and anxiety. Even just taking a walk around your neighborhood can help your body start to release endorphins, which reduces depression. Challenge Negative Thoughts About Yourself Suicidal thoughts are usually accompanied by a lot of other negative thoughts about ourselves. It is important to recognize that these negative thoughts are not accurate. They are a part of your Critical Inner Voice and you can challenge them. Instead of beating yourself up for feeling bad, try to treat yourself the way that you would treat a good friend. Think of all the reasons you have for dying by suicide. Now imagine that someone you care about very much came to you with the same problems, the same reasons, the same desires to die. What would you tell them? There are three steps to practicing self-compassion: Acknowledge and notice your suffering. Be kind and caring in response to suffering. Therapies that Help There are several types of therapy that have been proven to reduce suicidal thoughts.

Chapter 2 : What to Do if You are Feeling Suicidal

What do you feel If this is your first visit, be sure to check out the FAQ by clicking the link above. You may have to register before you can post: click the register link above to proceed.

I know life can be hard and problems can pile so high that we cannot see a way out. I want to give you some practical ideas to try when you are at the depth of despair and feeling overwhelmed and hopeless. When you feel suicidal please try these four steps. When you have lost hope and believe suicide is the only way out, please try these four ideas: Reach Out for Help I understand that finding the strength to do this can be really hard, especially if you also feel alone, but people are available to help. Call or chat with the Suicide Prevention LifeLine at or www. Every person who is even remotely thinking of suicide, should have a Contract For Life partner. A Contract For Life partner is someone you trust and who understands you. There is someone out there who will listen to you. Keely said she has an older friend she calls when she feels suicidal thoughts coming on: I told her everything. And I told her that I need her help. Other times, I ask if we can get together. A Contract For Life partner is priceless because you can meet with them face to face or talk on the phone anytime. If you do not have one, please make it a priority to go looking for one today. Then when you are feeling hopeless pull out your plan and follow what you have written down. Remove whatever can harm you at that very moment. If there are guns, knives, and pills in your house, then RUN from your house. This will buy you time to settle down and begin to think rationally. Some people are most suicidal when they are drunk. Have someone you know and trust clear all those things out of your house. I had a friend who was there for me no matter what. Even though I was so mad at her for it, I knew she cared and that she really did love me. At your darkest hour reach out for help. I tried a couple times but it never really worked. Then one night I realized something. There are much better things to do in life then sit around hating life. God gave us life so we should use it. Killing yourself is only running away from your problems. Turn to other Activities The key here is to get your mind off of doing the unthinkable. If you are near suicide, you want to change the subject, or divert your mind from what you were planning to do. Walk, jog, bike, swim, take a nap, take a hot shower, watch a movie, listen to music, read a book, do household chores, clean, go shopping, go to the park, volunteer at an animal shelter for a few hours – An excuse to play with puppies? Anything that has the potential to help you lift your spirit. Kelsey discovered this worked for her: So I just decided to try to get into something like hip-hop classes, get my mind off my life, and just try to live life to the fullest. You matter, you are good enough and you are loved. For additional help, please visit the suicide prevention resource page.

Chapter 3 : what do you feel? vs how do you feel? | WordReference Forums

"How do you feel?" (with no further specification) asks about the general state of your feelingsâ€”about everything and nothing in particular. "What do you feel?"

How do you feel about writing? How do you feel when you think about writing? Many PhD students have had little or no positive writing experiences, and because writing is one of the most important skills you need, it is very important that you experience writing as positive, and not as something difficult, hard and complicatedâ€”! How do you feel when you think about writing? Most writers â€” even those with a lot of experience â€” will suffer from an inner critic, who whispers about all kind of fears when they write. It may be worthwhile to find out what your biggest fear about writing is, so you can work in a more targeted manner towards a solution. You may want to ask yourself when you feel good about your writing. What can you learn from those experiences? The interesting thing is that research shows that there are four types of experiences, actually four keys to creating positive writing experiences. What are the four keys? Wendy Laura Belcher describes them as follows: Successful academic writers write. That may sound simple, but for many people it is not. Many PhD students have negative experiences with writing because they procrastinate; the positive experiences have to do with the actual writing. So make sure you write! Plan it, put it on your to do list. And if possible, make sure you write daily. Use free writing for that. Fifteen minutes a day is sufficient. Writing is a bit like working out: Successful academic writers make their writing social Writing is not something you should do on your own, that is just a myth. It helps you to make writing social and public. The more you do those kinds of things, the better your writing experiences will become. Successful academic writers do not give up, despite rejections When you write, you get many rejections. Journals will say no, supervisors will say no. The difference between being published and not being published is perseverance. Whether your article is published or not, often has nothing to do with the quality of the article. Keep submitting your articles, keep rewriting. The criticism is often not as bad as you think. Successful academic writers follow their passion If successful writers talk about their positive writing experiences, they often have to do with the fact that they have genuine interest in their subject. Those successful writers do not write for their supervisors, their colleagues or for a journal, but they focus on their own fascination. So do you want to feel good whilst writing? Let me know how this works for you! Do you want to receive more tips, tricks and tools? Subscribe for the newsletter and receive phd tips.

Chapter 4 : Here is Why You Cry for No Reason

But those of you who consider the writing authentic and from himâ€”you know who you are, and you know the writing of which I speakâ€”can know the answer, which is this: You feel, think, and see nothing when you die.

Even anger has its place, and while many people show inappropriate anger, there are times when anger is necessary and justified. All emotions play a role in your wellbeing. There are millions of people living with anxiety disorders that are able to handle themselves every day. But the more a person struggles with anxiety, the harder it may be to manage those emotions. Anxiety puts the body under tremendous stress, and it takes energy and resources to reduce that anxiety. Anxiety can be powerful - so powerful that the stress of it is essentially providing your body with a non-stop barrage of physical and mental symptoms. Anxiety Can Cause Mild to Severe Depression Anxiety, while a separate disorder, can affect your social life, your work life, and your ability to find joy in activities. It also puts a great deal of stress on your mind and body. Anxiety may reduce your involvement in activities that would usually give you pleasure and fulfilment. If this continues over time this can lead to feelings of depression. In fact, depression is often a comorbid diagnosis with anxiety, and in many cases, the anxiety comes first and contributes to the development of depression. Anxiety may not necessarily cause long lasting depression, but the stress on your brain and the feeling of constant fear and fatigue can often lead to temporary feelings of low mood, and thus crying. Crying is actually a natural stress reliever. By triggering a crying reaction, you may be helping to reduce your stress levels. There are those that may struggle with other emotions. These people may cry less, but they also are unable to experience any happiness or joy. They generally experience one constant feeling of negativity each and every day, shutting themselves off from all emotions. As they have become so used to blocking out emotions, when something tips them over their emotional threshold and they cry, it may feel like it has come from "nowhere". Anxiety attacks are single moments of overwhelming fear and panic. Many people feel impending doom, as though they are about to die. After an anxiety attack is over, others may find themselves still experiencing these intense emotions, often about the helplessness they felt during the attack. Not everyone cries after anxiety attacks, but the intensity makes it natural to feel like crying. But some people feel that they need to randomly cry, and others are shocked at how uncontrollable their tears are. It is as though a waterfall is coming from their eyes, sometimes at "surprising" times. That instinct is often just emotion that is trying to find its way out. Anxiety is excitatory to the body - it activates your fight or flight system. Your desire to cry may be related to the way your body is reacting to that system, where the intense emotions and stress during that time overwhelm the body.. Fear is scary, and your "flight" mode may be triggering your body to produce large amounts of tears as a way to let out that stress. For some crying may also become a habitual response. Once you become used to crying as a way to relieve anxiety stress, you may develop a habit of crying when you experience that stress in the future because it provides emotional relief. Physiology of Crying - a Self Soothing Behavior? Why do we cry? Scientists are not entirely sure why we cry. In an area near your eye is the lacrimal system. One part of the system creates tears. The other part lets the tears free by draining the liquid near the eye. These tears keep your eyes hydrated when you blink. They also cover your eyes during allergies. But what we are most interested in is why strong emotions release tears known as psychic tears , and surprisingly scientists are still not entirely sure. There are some signs that indicate that tears are meant to play a role in stress relief. For example, when you cry, your tears release leucine enkephalin, a natural painkiller. Other researchers have looked at whether or not crying is a self-soothing behavior capable of cooling the body temperature and triggering coping mechanisms. If you are interested in a long, complex read about the self-soothing nature of crying, this research paper is quite interesting. So the truth is that we do not entirely know why we cry exactly, but we know that there are many potential signs that crying is simply a great way to cope with significant emotion. And when a person has anxiety, crying may be a much needed coping response. But I Just Want to Cry! It is important for us to point out that there is nothing wrong with crying. It is not a weakness nor a flaw. When we discuss how to "control" and "prevent" crying for those that have anxiety, we are not implying that you should hold it all back. Indeed, to treat your need to cry, you need toâ€” Let Yourself

Cry Many people wonder how to stop themselves from feeling like they need to cry. This may go against your instinct, but one of the issues that leads to more intense anxiety is holding back your emotions. There are two reasons for this: Crying will almost always help. Holding back emotions also takes energy. You have to focus your energy specifically on trying not to cry, which means that you are forced to dwell on the way you feel for longer, which only serves to increase stress and anxiety. When you feel like you need to cry for no apparent reason, then the crying itself can be judged as irrational. If your body is telling you to cry, then allowing yourself to cry is better for your stress coping than trying to prevent it. Cry as much as you need to, so that you can let out the feeling of needing to cry. Whether you need to randomly cry, or you are struggling with anxiety and another condition such as loss, grief, PMS, pain, etc. In order to "stop" crying, you have to take action before the urge to cry occurs. The only way to prevent the crying feeling from anxiety and stress is with anxiety prevention. You need to control the extent of your anxiety and how you react to it emotionally.

Chapter 5 : Do You Feel Like We Do - Wikipedia

You are the one girl, and you know that it's true I'm feeling younger, every time that I'm alone with you We were sitting in a parked car, stealing kisses in the front yard.

Your diet may cause you to have high blood sugar levels, particularly if you have diabetes. Carbohydrate-heavy foods such as breads, rice, and pasta can raise your blood sugar. Your body breaks these foods down into sugar molecules during digestion. One of these molecules is glucose, an energy source for your body. After you eat, glucose is absorbed into your bloodstream. If your body is unable to produce enough insulin or is resistant to its effects, glucose can build up in your bloodstream and cause hyperglycemia. Hyperglycemia can also be triggered by a change in your hormone levels. Hyperglycemia can affect people regardless of whether they have diabetes. You may be at risk of hyperglycemia if you: If you have diabetes and notice a sudden change in your blood sugar levels during your home monitoring, you should alert your doctor of your symptoms. The increase in blood sugar may affect your treatment plan. Regardless of whether you have diabetes, if you begin experiencing any symptoms of hyperglycemia, you should speak to your doctor. You should also consider these questions: Has your diet changed? Have you had enough water to drink? Are you under a lot of stress? Were you just in the hospital for surgery? Were you involved in an accident? Your doctor will also discuss your target blood sugar level. Your doctor may conduct an A1C test to determine what your average blood sugar level has been in recent months. This is done by measuring the amount of blood sugar attached to the oxygen-carrying protein hemoglobin in your red blood cells. Depending on your results, your doctor may recommend routine home blood sugar monitoring. This is done with a blood sugar meter. Can hyperglycemia be treated? Your doctor may recommend a low-impact exercise program as your first line of defense. Your doctor may also suggest that you eliminate glucose-rich foods from your diet. What you can do now Your doctor will provide you with clear steps to follow aimed at lowering your blood sugar levels. If left untreated, hyperglycemia can lead to serious, and sometimes life-threatening, complications. Your doctor may recommend that you buy a blood glucose meter to use at home. This is a simple and effective way to monitor your blood sugar and act quickly if your levels have spiked to an unsafe level. Being aware of your levels can empower you to take charge of your condition and live a healthy lifestyle. By being aware of your numbers, keeping hydrated, and staying fit, you can more easily manage your blood sugar.

Chapter 6 : How do you feel? Or what do you feel? | moodnudges

If you feel in the latter categories, consider reaching out for help to a therapist. Some find help in family or friends, or their religion or clergy person. The important thing is to know when you.

Chapter 7 : How to Make Yourself Feel Better (When You're Sick)

How do you feel when you think about writing? In this article I'll let you know what the keys are to positive writing experiences. Many PhD students have had little or no positive writing experiences, and because writing is one of the most important skills you need, it is very important that you experience writing as positive, and not as something difficult, hard and complicated.

Chapter 8 : How do you feel about writing? â€” PhD blog * great content in Dunlish for PhD's

Do You Love What You Feel; Artist Rufus & Chaka Khan; Licensed to YouTube by UMG (on behalf of Universal Music); EMI Music Publishing, CMRRA, SOLAR Music Rights Management, UBEM, and 5 Music.

Chapter 9 : "I Want to Die" - What to Do When You Feel You Want to Die

DOWNLOAD PDF WHAT DO YOU FEEL?

Verb. He felt a sudden pain in his leg. I could feel the warmth of the sun. I felt someone tap my shoulder. Do you feel a draft? She felt the fabric to see if it was wool. Your ribs are bruised, but I don't feel any broken bones.