

- c. Sudden lightening of mood (can mean decision of attempting suicide)
- d. High usage of alcohol, substance, or drug abuse
- e. Suicide by family member or friend

As a friend, you can help them by asking direct questions, encouraging them to talk to you, NEVER leaving the person alone, and lastly, helping them seek medical assistance.

4. Think of the last time you were upset at receiving a poor test grade. Write down 5, positive, healthy self-talk statements that might help you through this sort of situation.
 - a. 1. I tried my best.
 - b. 2. I can pinpoint what I need to study on and improve from there.
 - c. 3. I did better on the test than I could have done.
 - d. 4. I answered thoroughly and efficiently on each problem.
 - e. 5. At least I didn't NOT take the test!
5. Write your obituary. Include in it how you would like to be remembered and what you would like to have achieved. Be honest and realistic. What will be the most important aspect of your life?

Geraldine Ramirez. 21 years old and born in El Paso, Texas. Raised in Modesto, CA. On September 19th, 2016, Geraldine passed away due to natural causes. She will be remembered for her integrity and will to achieve success in her life. The most important aspect of her life was love. She is loved by her family and friends, especially for herself. "To love is to be loved and give to others."

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