

"13 Reasons Why Not"

This is in response to the Netflix series "13 Reasons Why". We are concerned about the messages being promoted regarding suicide and wellbeing. We are providing "13 Reasons Why NOT" in response to these messages.

1. HOPE: There's always something, however small, to grasp onto and keep you going. Find it and ask others if you can't.
2. HELP: There is always someone to reach out to (Kids Help Line: 1-800-668-6868, Here 24/7: 1 844 437 3247 - Waterloo, Wellington, and Dufferin). If you don't think there is someone to reach out to, recognize this is just the depression and hopelessness speaking. Resist these voices.
3. RESILIENCY: Adversity and challenges are part of being human but your adversity doesn't have to define you. There is more to you than your adversities. Look deep and find your resilient voice to keep you living.
4. THIS TOO SHALL PASS: Our lives and situations will never remain the same. Change is inevitable. It will change and it will get better.
5. COMPASSION: You are loved -take the time to wish yourself kindness, peace, joy, love and compassion several times a day. Science shows that this simple practice actually changes your brain for the better.
6. GRATITUDE WORKS: Find the things that you appreciate in many moments during the day and relish in their beauty. Be amazed. Look for the good and you will see it. This primes your brain to be more positive in the future.
7. BEING PRESENT (and breathing): Pay attention to the moment - what do you hear, see, taste, smell and feel? Being present and paying attention to your breath, even for a few moments every day helps create feelings of calmness and peace.
8. SOME DREAMS DO COME TRUE: A rock star, a vet, an astronaut, a doctor - remember the dreams you once had. It's never too late. Hold them strong and visualize your dreams in your future.
9. CHANGE CAN BE BENEFICIAL: Try a new recipe, join a club, create art - find something new to break out of old patterns and habits.
10. NATURE IS AMAZING: Go outside, feel the fresh air, and plant your feet firmly on the ground - connect with the earth. Grow a garden or go for a walk - know there is more out there. Explore the world!
11. MISTAKES ARE OK AND PART OF LIFE: MRI scans demonstrate that our brain develops and grows when we make and recognize our mistakes. Remember your mistakes don't define you.

12. LISTEN TO WHAT YOUR BODY NEEDS: Eat, sleep, rest, work, play and exercise based on what you need. Know when to take a break. Take care of yourself.

13. CONNECTION: We as human beings are hard-wired for social connection. It keeps us alive. Reach out and build positive, strong relationships.

Created by Dr. Barbara Ward and Tiarra Ward (Mother and Daughter).