

If you are having suicidal thoughts, please call:  
800-273-8255 (Nat'l Suicide Prevention Lifeline) or text 741741 (Crisis Text Line)

## **SURVIVING** Suicidal Pain

survivingsuicidalpain.com  
Douglas Bloch

### Create a Schedule for Your Day

See the [Use Structure and Routine to Get Through the Day](#) page for a full discussion of this coping resource.

In order to survive a suicidal crisis it is important to find ways to avoid ruminating about your pain and worrying about the future. The best way to do this is to engage in simple, doable activities to fill up your day. The best way to incorporate this structure and routine into your life is to have things scheduled ahead of time. This form is designed so that you can write down the activities you have planned for a specific day.

Time	Activity

**Create a Schedule for Your Day**

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<b>Time</b>	<b>Activity</b>

The content of the website is for educational purposes only and is not meant to replace diagnosis or treatment by a qualified mental health professional