For a Young Man

Who will you be in life? Hard question. Honestly, we don’t know the future. Life often doesn’t go according to plan. There is a lot of unknown. Events may challenge us. Opportunities may bolster us. What we do now can help us be better prepared for the future. Being resilient means having the capacity to face adversity, setbacks. It is something that is learned and developed.

- Avoid acting on impulse, anger, or feelings of revenge.
  It only makes things worse. Find a distraction. Exercise or physical work are good ways to release energy. Talk to a trusted friend when you are calm.
- You define your place in life.
  Don’t live your life trying to be someone else. You are good enough. Be guided by realistic expectations but still strive to do good things.
- Make time for family and friends.
  Stay connected. Family and friends can help get you through stressful events in your life. Have lunch with your Mom. Go fishing with a buddy.
- Watch out for consumer debt.
  Debt can easily spiral out of control. It can be hard on your health and relationships. Know the difference between “wants” and “needs.” Take care of “needs.” Keep “wants” in check. Don’t define your life by the things you have. Starting an emergency fund can help reduce the stress of unexpected events. Always know where your money to going.
- Learn from mistakes but don’t dwell on them.
  We all wish that we didn’t make mistakes but we all do at some time. When it happens, accept it, learn from it, and then let it go. If you have trouble letting it go, find a distraction. Get your mind on something else.
- Know that break-ups are normal.
  When it happens, concentrate on ways to improve your life. Instead of fixating on your ex, learn a new hobby or sport. Engage in activities that you enjoy and find relaxing. Take a timeout from social media.
- Avoid heavy drinking, binge drinking, or using drugs.
  Substance use can have a negative impact on your health, job, and relationships.
- Take care of your health.
  If you have been experiencing prolonged or intense stress that is 1) lasting for more than a few weeks, 2) interfering with your ability to do everyday activities, or 3) causing you distress, talk to your family doctor. If you are thinking of suicide, call the National Suicide Lifeline 1-800-273-8255 for support 24/7.

Suicide is very much preventable. For more information, go to HelpHimStay.org.