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What to do to die today

Add in 2020: We have found the source and context of the first piece listed here, [What to Do to Die Today One](#). For more information, see comments on this post. Please do not post further guesses about this piece. We now know where it came from, what the real words are, and what it means in context. Someone just met my 1997 Words & Stuff column on elocution and wrote me to ask about elocution. Which led me to look at the column again, which led me to the following warm-up exercise: What a do-do to die today, in a minute or two to two; one thing clearly difficult to say, but harder still to do. We'll have a tattoo, at twenty to two a rat-tat-tat-tat-tat tattoo and the dragon will come when he hears the drum in a minute or two to two today, in a minute or two to two. And I'm still curious about where it comes from, so I Googled it. Unfortunately, all the online information I can find about it indicates that it's just a vocal warm-up exercise, not a quote from anything. That seems unlikely to me. The dragon line is not particularly difficult to say and does not contain any particularly unusual speech sounds; If this really was just a warm-up exercise, I doubt the line would be there. There is also more backstory/plot than in most warm-up exercises. So I remain steadfast in my belief that it's a quote from something. But what? Does anyone have any ideas? As mentioned on the addenda page for the column, it is not from The Court Jester. Added in 2020: It turns out to be from a comic opera called Merrie England, written by Edward German in 1902. For more information, see comments on this post. The search for information about it led me to another tongue-twister/warm-up I hadn't met before: Give me the gift of a grab-top sock. A clip drape shipshape tip-top sock - Not your spinlick slapstick tiehod stock. But a plastic, grip-top sock. None of your amazing slack swap slop From a slapdash flash cash haberdash shop; Not a knickknack knitlock knock-kneed knickerbocker sock with a mock-shot blob-marbled trick-ticker top watch; Not a rucked up, puckered up, flop top sock, nor a super-clean seersucker backpack sock; Not a spotted frog-freckled cheap sheik sock Of a hodgepodge moss-spotted scotch-botched block; Nothing slipshod, drip drop, flip flop, or glip glop; Tip me to a tip-top grip-top sock. I cobbled that version together from various web sources. I wonder if it can also be a quote from something; anyone know? Suicide prevention of psychAlive Every day thousands of people are tormented by the thought, I will die. If you have had such thoughts, we will tell you that you are not alone. Many of us have experienced suicidal thoughts at some point in our lives. It however, it is also important for you to know that the feeling of hopelessness you can currently experience is temporary; help is and there is hope, although you may not feel that way at the moment. The thought I want to die usually comes up when people are in so much psychological pain that they feel like they can no longer wear it. We understand how terrible this pain feels, and we want to help make it bearable for you. This pain is often made worse by thoughts of being a burden to others or not belonging anywhere. The combination of these critical inner voices and the emotional pain people feel can make them think that they shouldn't be alive and that the people in their lives would be better off without them. However, this is never the case. Hurting yourself will only hurt the people you love. Studies show that each person who commits suicide directly affects at least seven people. Moreover, the feeling of being in unbearable pain will pass. The most important thing to do is to stay safe while you feel so bad. How to make a security plan first, recognize when you start to feel very bad, when things start to feel dark to you, or you start to feel anxious. It is much easier to deal with these feelings when you catch them early. Plan specific actions that you want to take when you start to feel bad. These will help disrupt two behaviors that drive a suicidal state: passivity and isolation. What activity should you do to make you feel better? (that is: take a walk, play with your dog, bake brownies, meditate, watch a funny movie) Where are you going to go to be with people and take your thoughts away from your negative thoughts? (that is: to the mall, to the park, to an athletic event) Who are you going to call to talk to? (that is: a specific friend, relative, minister) Make sure you have that person's phone number. Do you have a therapist or counselor you can talk to? How can you contact them? Keep the contact information in your phone. And finally, make sure you have Suicide Hot Line Number - 1-800-273-TALK (8255) - on the phone What to do when you think I want to die Promise not to do anything to hurt yourself right now Suicidal thoughts come and go. Although 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 do nothing to harm yourself for a certain amount of time. Many people find it useful to follow the 3 day rule when they feel they want to die. As one blogger, who has struggled with suicidal thoughts explains: For me, I have a 3 day rule. If even for a moment you feel a smidge of joy or as life is actually worth living, you need to start the 3 days again. This rule does not in any way mean that someone should choose to die by suicide if three days pass without feeling hopeful. However, it can give people make 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 you safe. Remove any items you can use to hurt yourself from your home. Don't isolate yourself. Talk to someone People are often too nervous, ashamed or afraid to talk about the fact that they have suicidal thoughts. But 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, priesthood member, or counselor for a helpline. Let the person know how bad you really feel. Don't be afraid to tell them if you're suicidal and/or have a suicide plan. Seeking professional help from a therapist can be especially useful. Calling a helpline, like National Lifeline or Samaritans, can be a simple, 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 via 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 experiencing at the moment. Avoiding drugs and alcohol alcohol and drugs often intensify suicidal thoughts. Avoid all alcohol and medicines not prescribed to you by your doctor. Regulating sleep lack of sleep can contribute to depression and lead to an increase in suicidal thoughts. Try to regulate your sleep, with the aim of eight hours a night. If you find yourself without energy and sleep 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 just as effective as antidepressants when it comes to treating depression and anxiety. Try to get your heart rate up for 20 minutes a day, five days a week; it has been scientifically proven to help you feel better emotionally. Even just taking a walk around your neighborhood can help your body start releasing endorphins, which reduces depression. Challenging negative thoughts about yourself Suicidal thoughts are usually accompanied by many other negative thoughts about ourselves. It is important to recognize that these negative thoughts are not accurate. They are part of your critical inner voice and you can challenge them. Treat yourself the way you would treat a friend It is important to have compassion for yourself in your suffering. Instead of beating yourself up to feel bad, try to treat yourself the way you would treat a good friend. As Dr. Stacey Freedenthal suggests, think of everything that goes wrong in your life. Think 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? Do you want to say to this person you care about: You're right, you should kill yourself? If not, why? The practice of treating yourself with the same kindness and compassion that you would treat a friend is called self-pity. There are three steps to practicing self-pity: Acknowledge and notice your suffering. Be kind and caring in response to suffering. Remember that imperfection is part of the human experience and something we all share. Therapy that helps There are several types of therapy that have been shown to reduce suicidal thoughts. Below we have included links to directories for therapists trained in these specific therapies. Cognitive behavioral diagnostic behavioral therapy Collaborative assessment and management of suicidal medicines that help There are many medications available to treat depression and reduce suicidal thoughts. There are over twenty different antidepressants currently approved by the FDA. It is important to work with a doctor to find the right medication for you. If you have tried antidepressants in the past but did not find them effective, it may be beneficial to try a different type. Sites that help there are some amazing resources online that can help when you feel like you want to die. We have included links to some of these sites below. National Suicide Prevention Lifeline Samaritans American Foundation for Suicide Prevention Speaking of Suicide Befrienders.org HelpGuide.org CALL: The National Suicide Prevention Lifeline If you or someone you know is in crisis or needs immediate help, call 1-800-273-TALK (8255). This is a free hotline available 24 hours a day for anyone in emotional distress or suicide crisis. International readers can click here for a list of helplines and shelters around the world. TEXT: Crisis Text Line offers free 24/7 support. Text START to 741-741 Tags: anti-self system, critical inner voice, help those who are suicidal, negative thoughts, self-destructive thoughts, Suicide, suicide advice, suicide prevention, teen suicide suicide

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