

Speak Your Mind

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Abstract

Previous trauma can be a risk factor for suicide behavior. Therefore, suicide prevention can be important for traumatized or oppressed people. In the current world, democracy and freedom are hot topics, while in some totalitarian countries; people take it to street to express their thoughts. Currently in Hong Kong, there are many people mysteriously die, and the causes of death were usually ruled as suicide. The question is, is speaking out a risk factor for suicide? In this article, this author will explore methods of suicide prevention and how speaking out affects people's mental health.

keywords:

Suicide prevention, Emotional Competence, and Self-Awareness

Introduction

Currently in Hong Kong, there are many mysterious suicide cases. For instance, Mak, a 28-year-old protestor, was the fourth apparent suicide case since the anti-extradition bill movement. In her place, people found the writings about Hong Kong needs the revolution [1]. The question is, when these protestors take it on the street, does the speaking their mind increase their chance of suicide? This paper will go through previous literature to find the answer.

Methods

Although suicide rate in America is on the rise, it is a rare phenomenon. Unlike heart conditions, of which 12.1% of adult population have diagnoses; suicide rate is 14 per 100,000 [2, 3]. Therefore, it is easier to do a literature review than focusing on individual cases. Also, the suicide events are traumatic. Suicide exposure can cause suicide ideation [4]. Therefore, doing research through interviewing will be bad for a research Cher's mental health. A qualitative research through previous documentations will bring about the minimum psychological impact. This research will go through previous literatures to find out how speaking out affects a person's psychological well-being, and impact on suicidal behaviors.

Result and Discussion

Although physical abuse can cause suicide ideation, there are ways to get out of it. Low, Kwok, Tam, Young, & Lo, found that emotional competence and resilience help the adolescent suicide ideation from childhood physical abuse [5, 6]. Emotional competence is one's ability to express or release one's inner feelings. When a person has emotional competence difficulties, this person will have issues in social communication [7]. When someone has low emotional

competence, this person will have low emotional intelligence, attention deficit, difficulties in emotion repairs, and empathy. When someone cannot think from other people's point of view, they will not communicate well with others [7].

Forming of Emotional Competence

Emotional competence forms at a young age [8]. Ages from zero to 5 years old are important in forming emotional importance. Childcare should focus on social emotional learning [8]. Ninety percent of the brain develops in the first three years of human life [9]. The neural cells make connections and create pathways according to the stimulant from the environment [9]. Because the brain development comes from biology and experience, children's education should focus on social emotional experience that facilitates secure attachment [9].

Social emotional learning (SEL) has five key competencies: Self-awareness, self-management, social awareness, relationship skills, and responsible decision-making [10]. Those key fundamentals will determine a person's physical and mental health in the future [11]. In a child education organization, it is important for teachers, parents, and counselors to work together to help children through their optimal development [7]. In this paper, this researcher will focus on developing self-awareness.

Self-Awareness

Self-awareness is knowing one's internal states, preference, resources and intuitions [12]. Improving self-awareness is important in a person's many aspects of life. In work places, self-awareness helps a manager to stay fair even if there is a low empathetic level [13]. In medical practice, self-awareness helps the practitioners to understand themselves better, because they usually suppress their feelings [14]. Among neuropsychological disorders, increasing self-awareness can improve impulsivity and emotional dysfunction and

cognitive disorders [15].

Self-awareness is an important factor in the effectiveness of the psychotherapists. It helps the practitioner be aware of their reactions and make unbiased decisions [16]. While performing research among students, Scaffidi, Boca, and Gendolla found out that students who have high self-awareness make the right judgements about other students' opinions and empathetic to other students' views. Also, self-awareness makes people think from different views instead of easily reach consensus [17].

Achieving Self-Awareness

Self-awareness and integration can be achieved through three steps: First choose the values as the guide of living; second, motivate the behavior that promotes the chosen value; third is to contribute the behavior to a sense of well-being and personal development [18]. Human beings all have their own values; and their values do not change. Even immigrants from other countries are the same. They hold certain values in the new place because they had those values before arrival [19].

There are five ways to promote self-awareness. The first one is to create some space for yourself; which means take some time every day to read, write, meditate, and connect with self. The second one is to practice mindfulness, which is paying non-judgmental attention to the present moments [20]. The third one is to keep a journal, take some time to write down how you feel. The fourth one is being a good listener and be empathetic to other people's emotions. The fifth is to ask for feedback. Even if a lot of feedbacks can be biased and unkind, it shows people's perspectives [20]. There are programs that improve youth self-awareness; one of them is youth camp [21].

Practice in Youth Camp

In the youth camp practices research, Esentas, et al., found out that youth camp practices help in developing self-awareness and leadership skills in female students. The themes for improving self-awareness are Prejudice, communication, friendships, acculturation, teamwork, responsibility, self-confidence, consciousness, volunteering, and taking role model [21]. Self-awareness decreases human bias [22]. For instance, in misanthropic recall, the self-aware participants have a more objective attitude than the non self-aware ones. The tools to induce self-awareness are a mirror and a live video [22]. Self-awareness affects other dimensions of emotion intelligence too. For example, people have low awareness of emotions, alexithymia, are lack of self-awareness; and this lack of self-awareness eventually causes mental illness [23].

Self-awareness also affects a person's success and failure [24]. A self-aware person's success is due to internal reasons; the failure is due to internal reasons if there is space of improvement; the failure is of external reasons if there is no room of improvement; and all those affect self-esteem [24]. In early childhood, self-awareness helps a person see from other people's views even if they do not agree with one another. Also, self-awareness makes a person easily adopting an identity in a new group [25]. In academic area, self-awareness makes fellow students understand each other's perspective better than the non self-aware students. In an experiment about ecology related subject, the self-aware students have low false consensus beliefs [17].

Conclusion

Speaking out is a form of suicide prevention strategy. Physical abuse is a risk factor for suicide. People with high emotional competence are less likely to commit suicide than others. One important aspect in improving emotional intelligence is to improve self-awareness. One of the best methods in improving self-awareness is to make clear what a person's value is; behave according to the personal value; and improve personal wellness according to the value. Speak your mind honestly to communicate what you want and try to achieve it. Therefore, for traumatized young people, speaking out is important for mental health.

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