

STELLAR *Life*

Hosted by *Orion*

Transforming Trauma Into Triumph While Living With a Mental Illness

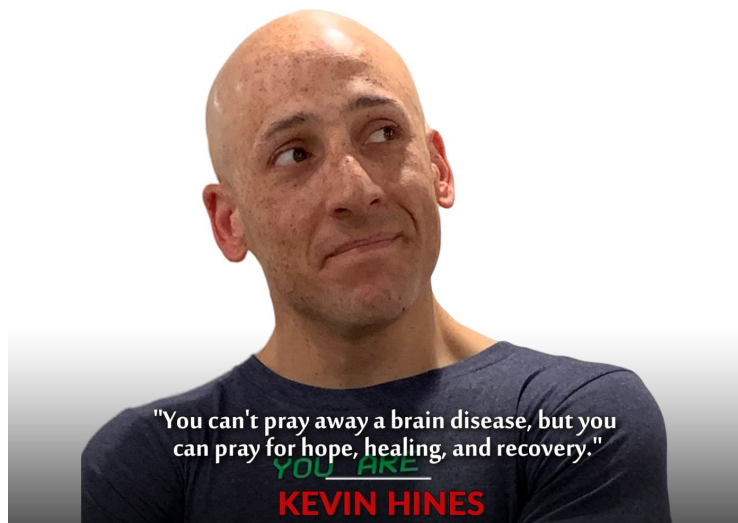
10 Point Checklist

Kevin Hines

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Seek help and share your struggles when experiencing emotional pain. Overcome stigma by sharing your struggles with trusted individuals.
- Apply the mirror technique when suicidal thoughts arise. Practice self-affirmations to avoid the control of negative thoughts over your actions.
- Look for visible signs of emotional distress in others. Support and empathize with those in pain.
- Stand up against bullying and harassment. Advocate for consequences for bullies.
- Address mental health concerns in children. Initiate age-appropriate conversations about emotions and well-being.
- Promote positive and empowering media content. Counteract negative influences in the media that contribute to self-harm.
- Practice gratitude to find strength within difficult experiences. Remember, resilience and gratitude are powerful tools for positive mental health.
- Repeat diaphragmatic breathing to calm your body, mind, and soul. Inhale for four seconds, hold for four seconds, and exhale for eight seconds.
- Commit to life, fight for well-being, and resist self-loathing. Remember that suicide is not a solution but a difficult, irreversible end.
- Reframe your self-perception from victimhood to resilience. Believe in your ability to overcome obstacles and thrive.
- Explore Kevin Hine's [YouTube channel](#) for doses of inspiration and tips to enhance your brain health. Also, visit his website, kevinhinesstory.com, for more valuable resources.