

# Money and Side effects

*“Money has never made man happy, nor will it; there is nothing in its nature to produce happiness. The more of it one has the more one wants.”*

*~ Benjamin Franklin*

This world sees the bank balance and assets to find out the richest person. But factually, we are the richest person of all, if we are nourished with good qualities. At the same time, we cannot live without money.

Money matters, of course. But money alone not matters. Money making is truly an easiest task for intellectuals. The important phenomenon is the strategy of making it in a legal way.



It is found from the recent days, many suicide attempts are taking place due to poverty. **Most of the problems in life are because of two reasons; we keep thinking without acting and keep acting without thinking.** I would like to share few of my ideas to get rid of such negative thoughts which could ruin your life.

## HELP ME!

If you're feeling suicidal and you're wrestling with suicidal thoughts, it's no accident that you've landed on this page. Take a few minutes to read about how to cope with those thoughts, one step at a time. This list of tips comes from the HelpGuide, a non-profit organization that publishes resources on making better choices.

### 1. JUST WAIT.

Give these thoughts at least twenty-four hours before you decide to act on them. Suicidal thoughts are a lot different than actually committing suicide. Think about this as you would a big purchase or big decision; give it twenty-four hours and come back to it. Work to put some distance between your suicidal thoughts and actually killing yourself.

## **2. SUICIDE-PROOF YOUR HOME.**

Ask a close friend to help you protect yourself from committing suicide. If you need to, leave your home and go somewhere (with someone) where you can feel safe, away from the instruments needed to kill yourself.

## **3) AVOID DRUGS AND ALCOHOL.**

These substances will seriously cloud your ability to think straight about the decision that lies before you. If you want to be able to make a smart decision regarding committing suicide, you need to block out these chemical influences when you're struggling with suicidal thoughts.

## **4) FIND A FRIEND.**

Be honest with yourself about your suicidal thoughts and be honest with someone else, too. Find someone that you can trust, and open up your mind to that person. Even calling a suicide hotline will release the pressure and shift some of the weight of coping to another friend.

## **5) KNOW THAT IT'S NOT OVER—YOU CAN DO THIS!**

The more that you isolate yourself from others, the easier it is to believe the lie that you will not survive. But the truth is, you will most likely live past "I want to die." It is not your own thought—don't let them beat you!

As you continue to search for resources, have you considered a relationship with God? As long as you're taking the time to get help with your suicidal thoughts, why not take a few minutes to have a chat with God about your pain? You don't have to get cleaned up; you don't have to get your life together

Finally take a professional advice to get rid of this kind of negative thoughts.

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