

29<sup>th</sup> World Summit on

# POSITIVE PSYCHOLOGY, MINDFULNESS AND PSYCHOTHERAPY

May 21-22, 2018 | New York, USA



## Susan Lorraine Lewis

*Inspirato Group Global, Norway*

### From suicide to happiness

**Statement of Problem:** As Suicide rates are not decreasing and that certain categorizations (such as men aged 26-36 and the aged) are changing, there is a need to put suicide prevention on high priority in the public health agenda. Research shows that every 40 seconds someone dies from suicide somewhere in the world; over 800,000 die per year in the world (WHO report, 2014). Making suicide prevention possible requires encouraging and supporting countries to develop and strengthen comprehensive suicide prevention strategies in a multi-sectional public health approach. Social and psychological factors are significant in preventing suicide and, more importantly, promoting individual well being and a sense of happiness. Overall, happiness is seen by social scientists to involve a more consistent and enduring experience of positive emotions and states. In my view it is the polar opposite of suicidation and there are variable states along the continuum. The purpose of this talk is to describe from my experience in the field of suicide and happiness if there are any common factors/trends/traits, which that can aid in the prevention of suicide and to obtain happiness in life.

**Findings:** In my review of 5 cases of suicide and another 5 cases of attempted suicide, I have investigated the Commonality of factors and concluded that each of the 10 people reported feeling unhappy and having lost a sense of self and meaning in life. In all cases many associated with them reported that they saw it coming.

**Conclusion & Significance:** The review of suicide and survival from attempted suicide concluded that the most important factors in the journey from suicide to happiness is empathic connection with the individual self at least one significant enduring relationship, an expectation that life will not be free of some adversity and a meaning in life.

### Biography

Susan Lorraine Lewis is Co-founder of Inspirato Group Global. She is an Australian Mediator and Clinical Social Worker with a background in family and child welfare, assessments in the judiciary system, conflict resolution, suicidology and grief. She is also a Happiness Coach and USA qualified MBTI Evaluator and Trainer. She is now a resident of Norway but also consults to Australia.

[susan@inspiratogg.com](mailto:susan@inspiratogg.com)

### Notes: