

B.C. SAFE



Broome County Suicide Awareness for Everyone

A local suicide prevention coalition in Broome County whose mission is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources.

What's the difference between stress and anxiety?

There's a fine line between stress and anxiety. Both are emotional responses, but stress is typically caused by an external trigger. The trigger can be short-term, such as a work deadline or a fight with a loved one or long-term, such as being unable to work, discrimination, or chronic illness. People under stress experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive troubles, and difficulty sleeping.

Anxiety, on the other hand, is defined by persistent, excessive worries that don't go away even in the absence of a stressor. Anxiety leads to a nearly identical set of symptoms as stress: insomnia, difficulty concentrating, fatigue, muscle tension, and irritability.

Both mild stress and mild anxiety respond well to similar coping mechanisms. Physical activity, a nutritious and varied diet, and good sleep hygiene are a good starting point, but there are other coping mechanisms available.

If your stress or anxiety does not respond to these management techniques, or if you feel that either stress or anxiety are affecting your day-to-day functioning or mood, consider talking to a mental health professional who can help you understand what you are experiencing and provide you additional coping tools.

Adapted from <https://www.apa.org/topics/stress/anxiety-difference>

HOW TO DEAL WITH STRESS AND ANXIETY



Accept that you cannot control everything.

Put your stress in perspective: Is it really as bad as you think?



Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



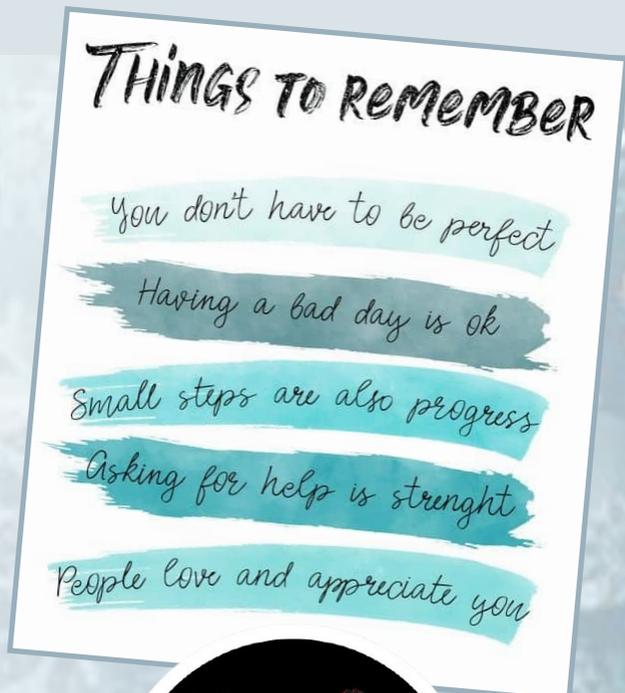
Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones

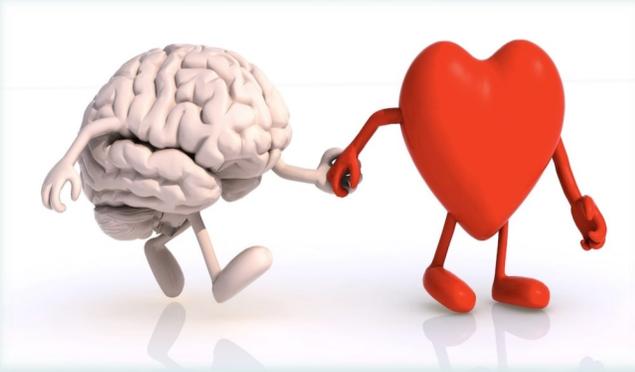


Learn what triggers your anxiety.

Is it work, family, school, or something else you can identify? Write in a Journal when you're feeling stressed or anxious, and look for a pattern.



Mental Health & Heart Health



The biological and chemical factors that trigger mental health issues also could influence heart disease.

“The head-heart connection should be on everyone’s radar,” “It’s not just being unhappy. It’s having biochemical changes that predispose people to have other health problems, including heart problems.” Many forms of mental health issues can affect heart disease - temporary depression or more severe cases and varying levels of anxiety and stress, just to name a few.

There’s a growing belief that stress is an additional risk factor, and maybe even more dangerous than some others, said Nieca Goldberg, M.D. “Stress can increase hormones like adrenaline and cortisol, and can impact blood pressure and heart rate. Having heart disease or stroke can cause anxiety or depression so it’s important to handle these in a healthy way.”

Discuss how you are feeling, both physically and mentally, with your healthcare provider. He or she will be able to help, or refer you to the most appropriate care or provide the best place to start. *Adapted from* <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/mental-health-and-heart-health>



March is Nutrition Awareness Month

and a great time to learn about the connection between food and mental health! It’s widely known that nutrition plays a key role in physical health, it also directly affects emotional well-being.

The connection between diet and emotions stems from the close relationship between your brain and your gastrointestinal tract, often called the “second brain.”



Eating healthy food promotes the growth of “good” bacteria (in your GI tract), which in turn positively affects neurotransmitter production. A steady diet of junk food, on the other hand, can cause inflammation that hampers production.

Studies have even found that healthy diets can help with symptoms of depression and anxiety while unhealthy diets have been linked to an increased risk of dementia or stroke.

Scan the QR code for the full article and to learn some of the most healthful foods.



If you or a loved one is in crisis, seek emergency help immediately by calling **911** or call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**.

Text **GOT5** to **741741** for the Crisis Text Line
NYS Emotional Support Help Line: **1 844-863-9314**
Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

Download the FREE **HOPE - Broome County Mental Health App** for more information and resources.

 **Connect with us on Facebook! @BC SAFE Coalition**

#BroomeHasHope