

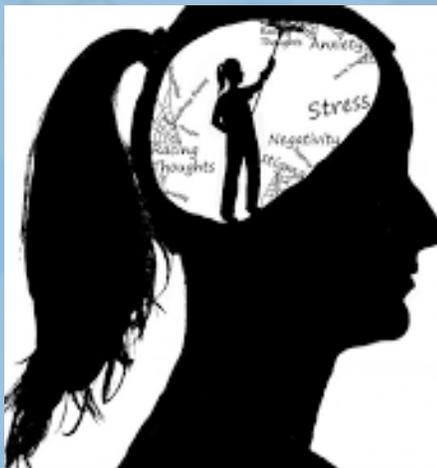
# BC SAFE



**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.*

## SPRING CLEANING FOR THE MIND



Amidst the focus on cleaning things out and renewal, spring is a great time to do a little “spring cleaning” of some of the mental dirt we accumulate in our minds and hearts. Decluttering negativity and drama from our lives and rejuvenating positive endeavors, such as creative projects, helps us start off the new spring season refreshed, and ready to better ourselves. Here are some items to add to your mental health spring cleaning list.

### DECLUTTER

#### **Toxic Relationships and Drama**

Though it may not always be obvious, other people’s negativity and instigation of drama only results in exhausting our own emotional reservoirs.

#### **Negative Thoughts**

Spring is a good time to also get rid of any self-deprecating thoughts and self-doubt. Often times, our very own potential for greatness and possibility for achievement is ruined by our own thoughts.

#### **Your Physical Space**

It’s an old cliché. Clean house, clear head. Things take up mental space. When we have a closet full of junk, we waste brain power on where to store things rather than on more important matters.

### REJUVENATE

#### **Physical/Mental Health**

The key to better mental health resides in maintaining good physical health. If you’re suffering from a mental illness like depression, maintaining physical health can seem exhausting and impossible. However, taking care of your physical health benefits your mental health. Small actions, such as taking a walk on a sunny day, drinking more water, or eating less sugary foods and drinks, all add up to a healthier overall.

#### **Gratitude**

While getting rid of all those negative thoughts, now is a great time to refocus on things that make us grateful. It could be living sober, friends or councilors, or maybe just the great weather. Focus on gratitude to improve your mental health.

Adapted from: Spring Cleaning for the Mind [lifeconnections.org](http://lifeconnections.org)

*I don't have to chase extraordinary moments to find happiness  
- it's right in front of me if I'm paying attention and practicing gratitude. -Brene Brown*



# Surviving Tough Times by Building Resilience

If you're more sensitive to emotional distress and are finding it difficult to cope with hardship or adversity, it's important not to think of it as some kind of character flaw. Resilience isn't a macho quality and it isn't fixed; it's an ongoing process that requires effort to build and maintain over time.

Unless you've faced adversity in your life before, it's unlikely you've had the need or opportunity to develop resilience. Drawing on past

experiences can help you cope with the challenges you're facing today. Even if you've struggled to cope with adversity in the past, you may at least be able to recognize some of the ways of coping that DON'T help, such as trying to numb your feelings with drugs or alcohol.

While it's often difficult to imagine anything good coming out of traumatic experiences, building resilience can help you find any positives in the

difficulties you've faced. Surviving hardships can teach you important things about yourself and the world around you, strengthen your resolve, deepen your empathy, and in time enable you to evolve and grow as a human being.

Adapted from:  
Surviving Tough  
Times by Building  
Resilience helpguide.org



## Five Tips for Emerging From Self-isolation

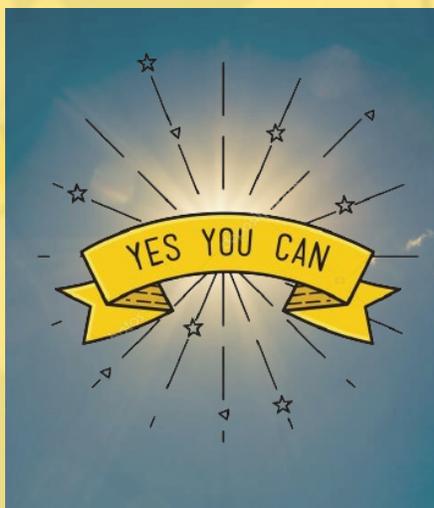
### 1. Continue the healthy habits you developed.

No doubt, there are new hobbies or activities that you took up during self-isolation. Perhaps you found an interest in cooking, painting, exercising or meditation. Making intentional space for these activities in your life will help you relieve stress and maintain your health and wellbeing.

### 2. Introduce things gradually.

It can be tempting to jump feet first back into the routine we previously held. However, even as restrictions ease, it's not going to happen all at once.

Gradually introducing new activities also allows us to be intentional about what we return to.



### 3. Keep a journal.

Research has shown that journaling is a powerful tool for stress relief, effective self-reflection and creativity.

### 4. Show gratitude – enjoy the moment!

Turning our attention towards the aspects of life that we can be thankful for is one of the best ways to boost your mood! Although you may feel overwhelmed with everything that is before you – especially if there is going to be lots of change in your life – focusing on the “lighter things” can make a big difference.

### 5. Be self-compassionate and seek help if you are struggling.

Now more than ever, people need to seek help if they are experiencing symptoms of poor mental health.



Adapted from:  
Five Tips for Emerging  
From Self-Isolation  
Thebanyans.com.au/self-iso-tips

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.



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