



*The mission of B.C. SAFE is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources in Broome County.*

## REALISTIC NEW YEAR'S RESOLUTIONS

Living with mental illness during any time of year can be difficult. Around the new year, there's a lot of pressure to "start over" or revamp how you live your entire life. This stigmatizing thought process is not only unhelpful, it can actually be harmful to mental health recovery.

The fact is, we can't start over or become entirely new people when the clock strikes midnight. What we can do is try a little harder from where we already are—to be better people, to help others, to improve the world around us.

Odds are, if you live with mental illness, you are already trying *incredibly* hard every minute of every day. If you are living with depression, like nearly 7% of US adults, here are some suggestions to be able to push a bit further in the New Year.

**Take More Walks** - Exercise is good for people living with depression. Jumping into an exercise routine can be hard, so rather than attempt to join your friends at the gym three times a week, allow yourself to start *way* slower. Try adding more daily walks into your schedule and take the stairs when there's an opportunity.

**Try New Hobbies Or Revisit Old Ones** - Depression tends to pull the color from the world—everything that was once beautiful and vibrant becomes dull and boring and strenuous.

Sometimes pushing ourselves out of our comfort zones and into a fulfilling and enjoyable hobby can help ease the burden of depression.

**Set Aside Time To Unplug** - Whether you scroll through your social media feeds several times a day, or you find yourself only communicating via text, it's important to disconnect and have some time away from a screen. Start off small by setting aside your phone and tablet for an hour each day and take that time to do something else.

**Conquer Small Items On Your Bucket List** - Setting and sticking to goals can seem daunting. So, for those who have a bucket list, remember that it's easier to tackle a goal when you break it down into manageable steps.

**Be Nicer To Yourself And Others** - When you're in a depressive episode, it's really easy to shut off from the world. But when it becomes a pattern, we can get detached and a bit uncaring towards those around us. It's been proven that helping others actually helps. Why not try it in small doses, such as helping a friend, coworker or neighbor or buying coffee for the person behind you in line one morning. It really does feel great.

**Communicate Your Needs More Openly** - With depression, it's essential to have a support system in place. Identify the people in your life you trust, and if you haven't shared your diagnosis with them, it may be helpful to do so. Then, you can practice communicating your needs.

**Be Aware Of How Your Symptoms**

**Affect Others** - Changes in mood and behavior can make everyday life challenging for those with depression *and* those around them. Recognize your symptoms whenever you experience triggers or heightened stress, and take note of how they may be affecting others.

**Have Realistic Expectations** - It would've been nice to wake up on January 1st with all the energy and determination to go out and conquer some of the lists that have been floating around the internet. If you want to take part in New Year's Resolutions, or you're attempting *any* kind of change this year, be realistic. So long as you're trying—however that may look for you—you're still succeeding!



Adapted from: <https://www.nami.org/Blogs/NAMI-Blog/January-2018/Realistic-New-Year-s-Resolutions-Living-with-Depr>

# International Survivors of Suicide Loss Day

On November 23, 2019, a community of suicide loss survivors came together at the Russell Room of UHS Wilson Memorial Hospital to remember and honor their loved ones.

There was an opportunity to participate in two separate candlelight and sand ceremonies, view a documentary by the American Foundation for Suicide Prevention, create art through a

therapeutic exercise, and connect with others with shared experiences. *Join us next year for International Survivors of Suicide Loss Day November 21, 2020. #youarenotalone*



Find us on Facebook  
@bcsafecoalition

**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential

National Suicide Prevention Lifeline



**1-800-273-8255**

**CHAT WITH LIFELINE**



## Winter Months

~ Dr. Deborah Serani

### SELF CARE TIPS

SUN	MON	TUE	WED	THU	FRI	SAT
Light a candle	Take a long bath	Enjoy a hot cocoa	Take a walk in the snow	Peppermint lotion your feet	Read a book	Relax to Theta music
Bake bread	Eat dinner by candlelight	Go to bed early	Play a board game	Apply a soothing face mask	Listen to beach soundscapes	Burn incense
Order in comfort foods	Listen to an audiobook	Unplug from all electronics	Bundle up and count the stars	Take a long, fizzy shower	Bake some treats	Nap on laundry right out of the dryer
Do pajama stretches	Thumb through old photos	Moisturize your skin	Rest in a pool of sunlight	Stay hydrated with water	Diffuse essential oils	Get out some crayons and a coloring book

Self-care is about making time to take care of yourself. Carving out moments to nurture your mind, body and soul will have far-reaching positive effects. Not only during these cold, dark winter months, but in every season. For more information visit:

<https://www.psychologytoday.com/us/blog/two-takes-depression/201912/self-care-tips-during-winter>



Connecting with others can give a sense of hope and community, potentially reducing the risk of suicide.