



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 to teens, adults, and educators of Broome County.

hello SUMMER WELLNESS

Ditch the couch and relax outdoors. Grab a blanket or lawn chair and something to read and set up camp on a shady patch of grass.

Go for a stroll. A long walk can be a great way to clear your head and enjoy a warm summer afternoon. You can also grab a friend and get your exercise while catching up.

Explore your local farmer's market. Take advantage of seasonal produce and local vendors. A trip to the farmer's market can be a great opportunity to try new foods and incorporate healthier options into your diet.

Start a garden or join a community garden.

Gardening can be a nice way to meditate, enjoy the outdoors and get some sunshine. It can also serve as a bonding time with your family or a way to make new friends.

Tidy one small space. Perhaps a drawer or the top of your desk – even having one

space clean and free of clutter can help you feel calmer.

Make a summer feel-good playlist. Bring on the summer tunes! Music can be an effortless way to improve your mood and motivate you to get moving. Bonus points for listening while exercising or cleaning.

Have a picnic. Enjoying a meal outside can be an easy way to get some fresh air and sunshine and shake up your daily routine.

Try a new exercise. Getting those endorphins flowing can help calm your mind and improve your mood. Think about doing something outdoors like hiking, tennis or swimming. Just don't forget your sunscreen and bug spray!

Look for things going on in your community. Search for events going on around town. Consider outdoor movies, yard sales, farmer's markets, concerts or dance classes. Making fun plans give you something to look forward to.

Start or continue a journal. Writing can be a great way to express how you feel and check-in with your emotions. Or, it can just be a place to doodle or draw. Make it whatever you need.

Reconnect with someone. Call an old friend –

or even a grandparent or parent.

Do an at-home spa day. Taking a bubble bath, using a face mask or doing a DIY pedicure can all be affordable ways to help yourself feel cared for. A candle, essential oils and relaxing tunes can all add to the spa vibe.

Go exploring. Pull up a map and find a new area of town that you haven't been to yet.

Practice mindfulness. Try meditation or make a list of 10 things you are thankful for.

Do a needs assessment. How did your last week go? Is there anything you could do to make next week better? Maybe you need more sleep, more social time or to prepare some healthy meals before your next busy week. Take a moment to reflect and think about how you can make time for whatever you need to best care for yourself.

Use these ideas to make your own self-care checklist this summer. Even small changes to your routine can improve your self-care practice and overall mood.

Adapted from [summer wellness](#).



Do you find yourself sad in the summer?

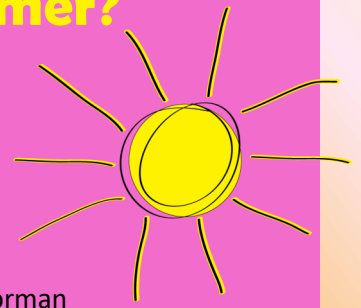
While many people are stocking up on sunscreen and booking beach vacations, others are shutting out the sunshine completely. How could that be?

You might have heard of Seasonal Affective Disorder (SAD), often referred to as the winter blues. According to the American Family Physician, this affects 4-6% of the population each year. Contrary to common knowledge, SAD can occur in the summer months, too!

It's called *reverse* Seasonal Affective Disorder. Reverse SAD was identified in 1984 by Dr. Norman Rosenthal and his team, who also first identified winter depression. As research and treatment options for the winter blues advanced, less and less attention was given to summertime sadness.

Symptoms of Reverse SAD are well documented in research. The *Journal of Affective Disorders* found that "the two seasonal types of depression may have opposite types of vegetative symptoms". This means that winter depression usually leads to excessive sleep and increased appetite, because people feel the need to hibernate, much like a bear. Summertime SAD symptoms are different and include: **insomnia, loss of appetite, weight loss, increased anxiety, irritability, and difficulty concentrating.**

Source: <https://successtms.com/blog/summer-sad>



PLAY SMART SAFE LOCAL



Staying physically active is one of the best ways to keep your mind and body healthy. In Broome County, you may visit parks, trails, and open spaces as a way to relieve stress, get some fresh air, and stay active. Consider the following tips on keeping yourself and others safe and visit <https://www.cdc.gov/coronavirus> for more detailed information.

- Visit parks that are close to your home.
- Visit parks when you are healthy.
- Check with the park to prepare safely, to find out if the bathroom facilities are open and what services are available.
- Stay at least 6 feet away from others you don't live with to prevent COVID-19.
- Carefully consider use of playgrounds, and help children follow guidelines.
- Play it safe around and in [swimming pools](#), hot tubs, and water playgrounds by keeping space between yourself and others.

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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