

BCSAFE

Broome County Suicide Awareness For Everyone

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

INTENTIONS NOT RESOLUTIONS

Many of us start the new year ready to kick our bad habits, and achieve great things. Often those resolutions are nothing but a distant memory by the time February rolls around. While motivation often isn't enough to secure successful resolutions, setting an **INTENTION** can go a long way in staying on course towards positive change.

OUR Intention creates OUR REALITY



Why we don't stick with resolutions?

Broadly speaking, setting a resolution tends to be a finite goal where success is measurable. We've all been there – setting big goals and having big shame as a result when it doesn't work out. There are different ways we can make positive changes when the new year comes knocking, which places far less pressure on us to be perfect.

Scrap the resolutions, and set an intention.

An intention leaves us open to new ways of thinking that support the behavior that we want to change.

It's more about creating new mindsets and taking smaller steps toward a bigger picture goal. Some goals we set are often out of our control and this is where setting an intention can be helpful. When we set an intention, every small change we make as a result is a success and the rewarding feelings of those little successes are what keeps us going in the long run.

Stop the timer, and enjoy the journey.

Sometimes we set goals with time-restrictions on achieving those goals. Alternatively, when we set an intention, we set fewer concrete limitations on ourselves. Such as, setting an intention to enjoy more physical exercise in nature versus a goal of losing weight within a certain time. The intention has the potential to open the door to healthier, and more enjoyable habits that might make strides towards the bigger, long-term desire to lose weight.'

Alternatively, an intention may not even be part of a bigger, conceivable goal. An intention can be as simple as selecting a word you want to focus on for the year. It could be something less tangible, for example, focusing on a word like 'confidence', 'joy', 'vitality', 'healing', or 'growth'.

Living with intent.

Setting intentions can be done at any time of the year. However, if the intent is feeling strong over the new year period, go with it. Remember to stay realistic and be kind to yourself with your intentions. Write them down so they become real. But, most importantly, celebrate your little wins, this is how you'll set yourself up for positive changes in 2023.'

For the full article: <https://bit.ly/3WBlnrS>



5 Winter Self Care Tips for Mental Health

1

Watch Your News Intake.

If you feel negatively impacted by the news, limit your exposure. Try limiting your news exposure to 15 minutes, then shifting your attention to something more uplifting.

2

Start a Gratitude Journal.

Keeping a gratitude journal can elevate your mood and mental outlook. At the end of each day, write down at least one thing that you are grateful for that day - big or small. You'll start paying more attention to the happier moments, shifting the narrative from negative to positive.

3

Bundle Up and Go Outside.

Regular exercise is not only healthy for your body, but also for your mind. As little as 15 minutes of moderate exercise a day can boost your energy, help you sleep better and improve your mood thanks to chemicals that are released in your brain. Being in nature has also been shown to relax your mind.

4

Meditate.

Meditation is a good practice, even if only for five to ten minutes a day. Search for guided meditations on YouTube to get started. Meditating once a day can help keep you grounded and ease your mind. There are guided meditations specific to sleep enhancement, anxiety reduction, positive affirmations and more.

5

Stay Connected.

Winter months may make visiting more challenging; the good news is that most people are comfortable using technology to stay connected. When you can't visit face to face, schedule FaceTime and Zoom visits with friends and family, connect by phone or email, or go old-school and send a letter by mail



<https://bit.ly/406Qsq7>

SHINING THE LIGHT ON STIGMA

If I ask someone if they're thinking about suicide, will it put the idea in their head?

NO! Several studies have demonstrated that asking people about suicidal thoughts and behaviors does not increase their thoughts and experiences. In fact, asking someone directly, can be the best way to identify if someone's at risk for suicide!

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