

BUDDY UP CAMPAIGN

POWER UP FOR SUICIDE PREVENTION

Buddy Up is about helping buddies but it's important to take care of ourselves, too. Building 'strength' and resilience is key. Building strength within helps us work through emotions, relieve stress, and remember to simply enjoy life.



HOW TO PARTICIPATE

Choose an aspect of your health – physical, mental, emotional or spiritual – and focus on building strength in that area.

Here are some examples:



Exercising



Journaling



Meditating



Playing with a pet or kids

STRENGTHEN YOUR BODY

Exercise promotes positive emotional well-being, a reduction in anxiety and stress, a positive self-image and increased self-esteem (Taliaferro, 2009). Exercise has also been shown to reduce moderate depression, as it increases serotonin production (Babiss & Gangwisch, 2009).

STRENGTHEN YOUR MIND

Mindfulness is another way we can build resilience. It has been described as fostering greater attention to and awareness of present-moment experiences (Creswell, 2017). It is “attentional training that is centred in the current experience with an approach of curiosity, openness and acceptance.” Mindfulness allows us to meet the challenges we experience objectively, as they arise, in the moment. Self-compassion, and meeting our challenges with a non-judgmental mindset, is another important aspect of mindfulness (Rizal, et al., 2020).

Paying attention to what is happening in our minds helps to create awareness about ourselves. We don't have to try too hard to concentrate or sit in a pretzel. Just reminding ourselves to take a deep breath when we're sitting in traffic or waiting for something to load on the computer can create

a little space to relax. When we take these little “time outs” they add up to create a calmer and kinder approach to getting through the day. Try it any time you have a moment when you would normally be waiting for something to happen. Take a deep breath, smile to yourself and just let go of tension. Nothing has to happen – just let things be as they are. Other ideas for strengthening the mind include: journaling about your feelings or day, and writing a list of the things you're grateful for.

Building strength within helps us work through emotions, relieve stress, and remember to simply enjoy life.

Power Up: Strengthen your body and mind is the first quarterly campaign of Buddy Up Year-Round. Learn more about [how to participate](#) and [become a Champion](#) for Buddy Up at [buddyup.ca](#).

References: bit.ly/3YCPt0c