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### HEALTH OBSERVANCE

## Suicide Awareness Month

*Amanda Smith – Wellworks For You*

September is a month dedicated to remembering the lives lost to suicide, the millions of individuals who have struggled with suicidal ideation, and acknowledging the families and communities impacted by suicide. It is also a time to bring awareness about suicide prevention, share messages of hope, and remove the stigma around mental health.

Suicidal thoughts can affect anyone regardless of age, gender, or background and are often the result of an untreated mental health condition. While suicidal thoughts may be common, they should not be considered normal.

### KNOW THE WARNING SIGNS

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline at 988.

#### Talking about:

- Feeling unbearable pain or hopelessness
- Feeling worthless, trapped, guilty, ashamed, angry, or like they are a burden to others
- Death or a recent fascination with death

#### Changes in behavior or mood:

- Recent episodes of depression, emotional distress, anxiety, and/or suicide attempt
- Increased alcohol or drug use, recklessness
- Losing interest in personal appearance or hygiene
- Withdrawing from family, friends, or community
- Saying goodbye to friends and family and/or giving away prized possessions
- Changes in eating and/or sleeping patterns
- Expressing rage and/or becoming violent or being a victim of violence

*(Continued on next page)*



### Financial Health *For the Holiday Season*

It's never too early to start planning for the holiday season. Here are some best practices to set you on the right track.

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### Back to School *Lunch Ideas*

Getting kids involved in making their lunches not only teaches them about healthy eating but also ensures they are more likely to enjoy what's in their lunchbox

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## SUICIDE AWARENESS MONTH

Think someone you know might be struggling?

# Here's How to Help

If you suspect someone you know may be having suicidal thoughts, don't wait. Take action now to let them know they are not alone.

- **ASK** - Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicide ideation.
- **BE THERE** - Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment.
- **KEEP THEM SAFE** - Studies have indicated that when lethal methods are made less available or less deadly, suicide rates by that method decline, and frequently, suicide rates decline overall.
- **HELP THEM STAY CONNECTED** - Studies have also shown that helping someone at risk create a network of resources and individuals for support and safety can encourage them to take positive action and reduce feelings of hopelessness.
- **FOLLOW-UP** - Brief, low-cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services, according to research.
- **#BeThe1To** - #BeThe1To is the 988 Suicide & Crisis Lifeline's message, which helps spread the word about actions we can all take to prevent suicide.

Talking with and finding help for someone who may be suicidal can be difficult. These tips may help:

- **Be direct.** Talk openly and matter-of-factly about suicide.
- **Listen.** Allow expressions of feelings. Accept the feelings without judgment.
- **Get involved.** Become available. Show interest and support.
- **Offer hope** that alternatives are available but do not offer glib reassurance.
- **Act.** Remove means such as weapons or pills.
- **Get help** from people/agencies specializing in crisis intervention and suicide prevention.
- **Don't** debate whether suicide is right or wrong or whether feelings are good or bad.
- **Don't** dare them to do it.
- **Don't** act shocked. This will put distance between you.
- **Don't** be sworn to secrecy. Seek support.

It's hard to know how a suicidal crisis feels and how to act. Call 988 anytime for help if you or someone you know is struggling.

#### Resources:

- 988 Suicide & Crisis Lifeline: <https://988lifeline.org/>
- Suicide Prevention Resource Center: <https://sprc.org/>





# LIVE SIMPLY

MENTAL WELLBEING PROGRAM

## HEALTH TIP CORNER

Wellness Pillar: Financial

### Setting Yourself Up for a Financially Responsible Holiday Season

Laura Getty – Wellworks For You

It's never too early to start planning for the holiday season, especially knowing how easy it is to get swept up in all the excitement and spend money without thinking about the consequences. It is important to make conscious decisions about what you're spending money on, so remember to be realistic about what you are willing to sacrifice while budgeting this time of year.

Keeping track of your spending is one way to ensure you stick with your budget and spend wisely. Even better, you can utilize your budget format year over year to help reduce unnecessary stress!

Some best practices for holiday budgeting can include:

#### Start planning early:

- Savings in smaller chunks over a longer period can make it easier to meet your goal if your budget is already tight.
- You can utilize free resources, such as holiday budget spreadsheets, in your planning process.

#### Analyze your current finances:

- It may not be your favorite activity but be sure to take some time to review all current debt, especially your credit cards.
- Once you know of any debt, you can review your total holiday income – do you receive the same paycheck every two weeks, or is your pay more irregular?

#### Note your specific spending categories:

- Some of the most common holiday spending categories include gifts, travel, food, entertainment, and holiday décor.

#### Determine how much to save for each spending category:

- Reviewing last year's spending can be a helpful tool! Pull up your bank and credit card statements to see what you spent all your money on.
- Assigning dollar amounts per person can also help you avoid overspending.

By taking a proactive approach to holiday budgeting, you can ensure a joyful and financially responsible season. Thoughtful planning and conscious spending are key to a happier and more relaxed holiday season. So, start early, stay organized, and embrace the joy of giving without compromising your financial wellbeing.

Source: [https://www.huffpost.com/entry/financial-boundaries-holidays\\_1\\_6539cd16e4b011a9cf7c644a](https://www.huffpost.com/entry/financial-boundaries-holidays_1_6539cd16e4b011a9cf7c644a)



# Back to School

## Healthy Lunch Ideas for Parents



Hannah Cramsey – Wellworks For You

As the school year begins, many parents face the challenge of packing nutritious and appealing lunches for their children. This task can be made easier and more enjoyable by involving the entire family in the process. By giving kids choices and encouraging variety, parents can make lunchtime exciting and healthy. Remember, it may take up to ten exposures to a new food before a child accepts it, so patience and creativity are key. Experiment with different shapes, sizes, and textures, and always keep the experience positive.

A balanced lunch should include a protein source, whole grains, and a colorful array of fruits or vegetables. Here are some delicious and nutritious lunch ideas to inspire you:

### Whole Grain Tortilla Wrap

- Fill a whole grain tortilla with turkey and cheese.
- Add a side of juicy grapes for a sweet touch.

### Protein-Packed Breakfast Lunch

- Include scrambled or boiled eggs.
- Pair with Greek yogurt, mixed berries, and granola for a crunchy, satisfying meal.

### Pasta Delight

- Mix whole grain pasta with ground chicken and your favorite pasta sauce.
- Serve with crisp cucumber slices on the side.

### Crunchy and Creamy Combo

- Combine whole grain crackers with low-fat chicken salad.
- Add cherry tomatoes and a handful of trail mix for a mix of flavors and textures.

### Snackable Variety

- Pack pretzels with celery and carrot sticks.
- Include hummus for dipping, along with cottage cheese and pineapple for a sweet and savory treat.

Getting kids involved in making their lunches not only teaches them about healthy eating but also ensures they are more likely to enjoy what's in their lunchbox. Encourage them to pick their favorite fruits and vegetables and let them help with simple tasks like spreading hummus or rolling up wraps. This collaborative approach can make lunchtime a fun and nutritious part of the school day for everyone!

Source: <https://www.superhealthykids.com/50-packable-school-lunch-ideas/>

## FEATURED RECIPE

### Creamy White Chili with Cream Cheese

6 Servings | Total Time: 25 Minutes

*Diabetes-Friendly, High-Protein, Gluten-Free, Low-Calorie*



#### INGREDIENTS:

- 2 (15 ounce) cans no-salt-added great northern beans, rinsed, divided
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
- 1 ½ cups chopped yellow onion (1 medium)
- ¾ cup chopped celery (2 medium stalks)
- 5 cloves garlic, chopped (2 tablespoons)
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 3 cups unsalted chicken stock
- 1 (4 ounce) can chopped green chiles
- 4 ounces reduced-fat cream cheese
- ½ cup loosely packed fresh cilantro leaves

#### DIRECTIONS:

1. Mash 1 cup beans in a small bowl with a whisk or potato masher.
2. Heat oil in a large heavy pot over high heat. Add chicken; cook, turning occasionally, until browned, 4 to 5 minutes. Add onion, celery, garlic, cumin and salt. Cook until the onion is translucent and tender, 4 to 5 minutes.
3. Add the remaining whole beans, the mashed beans, stock and chiles. Bring to a boil. Reduce heat to medium and simmer until the chicken is cooked through, about 3 minutes. Remove from heat; stir in cream cheese until melted. Serve topped with cilantro.

#### NUTRITION

**Per Serving:** 1 1/3 cups

<b>Calories:</b> 319	<b>Protein:</b> 23g
<b>Carbohydrates:</b> 29g	<b>Dietary Fiber:</b> 9g
<b>Saturated Fat:</b> 3g	<b>Cholesterol:</b> 61mg
<b>Total Sugars:</b> 6g	<b>Sodium:</b> 329mg

Source:

<https://www.eatingwell.com/recipe/269831/creamy-white-chili-with-cream-cheese/>