GBS Health & Wellness

2021 September

Emotional: *Talk It Out*

September is recognized as National Suicide Awareness Month. According to the National Suicide Prevention Lifeline, individuals feel less depressed, less suicidal, and less overwhelmed when they can speak to someone who listens without judgement. Let this month be a reminder to talk with loved ones and offer a listening ear or word of encouragement.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			Fun Fact September is the seventh month of the original Roman calendar and was named accordingly. The word September comes from the Latin root septem, which means seventh.			
5	6	7	8	9	10	11
September 9th - R U OK Day This recognition day is dedicated to encouraging and empowering people to meaningfully connect with those around them by asking the simple question, Are you OK? Starting this conversation could change someone's life. Be prepared to listen and support loved ones through the conversation.						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
				September 22nd - Fall Equinox Today is the Fall Equinox, or the first day of fall. In many locations day and night will be almost equal in length (12 hours each). It's officially time to start planning all the fun fall activities!		
26	27	28	29	30		
	Did You Know? Emotional health is a component of mental health. It refers to one's ability to cope with positive and negative emotions and the normal stresses of life. Improve emotional well-being by scheduling time for reflection, meditation, and relaxation.					

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Talk It Out

This month, make it a priority to raise awareness and get involved with suicide prevention. Research shows people who are having thoughts of suicide feel relief when someone asks about them in a caring way. It's not always easy to start a conversation or keep it going when an individual responds by saying they are not doing well. Continue reading for tips on how to respond, how to create a safe and comfortable environment and how to build confidence to navigate these situations.

The **R U OK? Campaign** aims to 'inspire and empower people to meaningfully connect with those in their social circles and lend support when they are struggling with life'. They outline three steps to prepare individuals for difficult conversations with their loved ones. These steps include 'Am I Ready?' , 'Am I Prepared?' , 'Have I Picked my Moment?'.

Am I Ready?

It's important to be mentally prepared for a conversation that could involve negative thoughts or serious problems. Consider evaluating personal mental health and moving forward with a difficult conversation only after establishing a positive headspace. Incorporate personal metal health check-ins to assess for burnout, depression, anxiety, or other mental health struggles. Always be willing to genuinely listen and offer support.

Am I Prepared?

Understand that not everyone will be ready to talk and that they may not be looking for someone to 'fix' their problems. Be prepared to have a conversation with someone when they express feelings of despair or depression. Offer support by taking them seriously and not rushing the conversation. Try not to judge but rather acknowledge and recognize the things they are struggling with.

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Talk It Out

Continued...

Have I Picked My Moment?

Choose the right moment to encourage the conversation by being mindful of an appropriate location that offers privacy. Be sure to leave enough time to allow the person to feel heard. If possible, try to choose a moment where that individual won't be busy or distracted.

Pro Tip

Instead of asking someone, "How are you doing?" try to utilize statements like "You seem off today" or "Something's different" or "I'm worried about you". This can be helpful in guiding the conversation and makes it difficult for individuals to divert the question with a short, and typical response of "I'm fine". Do this with empathy and kindness to show the individual genuine concern.

Encourage Action

If appropriate, find actions that the individual can do to work through their struggles. Ask how they would best feel supported or what they have done to navigate similar situations. Some conversations are too big for friends and family to handle alone. Connect them with professional help if this is the case.

Help the individual feel supported and cared for by checking in regularly over time. Foster a genuine friendship and spend time doing fun things. Staying in touch can make a big difference.

Click to learn more about the R U OK? Campaign >

Hyperlinks

- https://www.ruok.org.au/

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Hablaro

Conviértase en una prioridad este mes para crear conciencia e involucrarse en la prevención del suicidio. La investigación muestra que las personas que tienen pensamientos suicidas se sienten aliviados cuando alguien les pregunta sobre ellos de manera cariñosa. No siempre es fácil iniciar una conversación o mantenerla cuando una persona responde diciendo que no lo está haciendo bien. Continúe leyendo para obtener consejos sobre cómo responder, cómo crear un entorno seguro y cómodo y cómo generar confianza para afrontar estas situaciones.

¿Está bien la R U? La campaña tiene como objetivo "inspirar y empoderar a las personas para que se conecten de manera significativa con aquellos en sus círculos sociales y brinden apoyo cuando luchan con la vida". Describen tres pasos para preparar a las personas para conversaciones difíciles con sus seres queridos. Estos pasos incluyen "¿Estoy listo?", "¿Estoy preparado?", "¿He elegido mi momento?".

Estoy listo?

Es importante estar preparado mentalmente para una conversación que podría involucrar pensamientos negativos o problemas graves. Considere evaluar la salud mental personal y seguir adelante con una conversación difícil solo después de establecer un espacio mental positivo. Incorporar controles de salud personales de metal para evaluar la depresión por agotamiento, la ansiedad u otras luchas de salud mental. Esté siempre dispuesto a escuchar genuinamente y ofrecer apoyo.

Estoy Preparado?

Comprenda que no todos estarán listos para hablar y que es posible que no estén buscando a alguien que "arregle" sus problemas. Esté preparado para tener una conversación con alguien cuando exprese sentimientos de desesperación o depresión. Ofrezca apoyo tomándolos en serio y sin apresurar la conversación. Trate de no juzgar, sino de reconocer y reconocer las cosas con las que están luchando.

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Hablaro

Continuado...

He Eligido mi Momento?

Elija el momento adecuado para fomentar la conversación teniendo en cuenta una ubicación adecuada que ofrezca privacidad y asegúrese de dejar suficiente tiempo para permitir que la persona se sienta escuchada. Si es posible, intente elegir un momento en el que esa persona no esté ocupada ni distraída.

Consejo profesional

En lugar de preguntarle a alguien: "¿Cómo estás?" intente utilizar frases como "Hoy pareces estar mal" o "Algo ha cambiado" o "Estoy preocupado por ti". Esto puede ser útil para guiar la conversación y dificulta que las personas desvíen la pregunta con una respuesta corta y típica de "Estoy bien". Haga esto con empatía y amabilidad para mostrarle al individuo una preocupación genuina.

Fomentar la Acción

Si es apropiado, busque acciones que el individuo pueda hacer para superar sus luchas. Pregúnteles cómo se sentirían mejor apoyados o qué han hecho para afrontar situaciones similares. Algunas conversaciones son demasiado grandes para que los amigos y la familia las manejen solos. Conéctelos con ayuda profesional si este es el caso..

Ayude a la persona a sentirse apoyada y cuidada registrándose periódicamente a lo largo del tiempo. Fomente una amistad genuina y pase tiempo haciendo cosas divertidas. Mantenerse en contacto puede marcar una gran diferencia.

Haga clic para obtener más información sobre el R U OK? Campaña >

Hiperenlace

- https://www.ruok.org.au/

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Creating a Lifeline

According to the CDC, suicide is the 10th leading cause of death in the United States. Many are unsure how to talk about suicide for fear of making light of the situation or not knowing how to respond. Luckily, there are many great resources for those struggling with suicide or that need help building motivation, confidence, and skills to help encourage meaningful conversations with others. Check out the following resources for ways to become involved in the fight against suicide.

Suicide Prevention Lifeline

1-800-273-8255 | sucidepreventionlifeline.org

The Suicide Prevention Hotline is a free, confidential service that is available 24/7 for people in distress. They provide local resources including, a tool to find a therapist or support group, how to make a safety plan and tips to help others that are struggling. Resources are also available for specific populations like veterans, Native Americans, attempt survivors, youth, loss survivors, LGBTQ+ etc.

The Crisis Text Line

741741 | crisistextline.org

The Crisis Text Line is a free service available 24/7 to help with any type of crisis. Text TALK to 741741 to get started. The first two responses are automated before being connected with a Crisis Counselor. The goal of this tool is to provide support and help an individual reach a safe place, not to provide medical advice.

R U OK

ruok.org.au

Visit the R U OK website for more information about how to have a productive conversation with others that may be struggling. They offer conversation tips, check-in suggestions and tools to promote suicide awareness at work and in the community. Their goal is to help individuals be prepared for unexpected situations regarding suicide.

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Creating a Lifeline

Continued...

Awareness Day

Show support and promote suicide awareness by wearing a turquoise and purple ribbon. It is a great conversation starter and can be an easy way to talk with others or share helpful resources about suicide prevention. Consider participating in an '**Out of the Darkness**' fundraiser walk to raise awareness for the fight against suicide.

Find a Nearby Out of Darkness Walk >

Participate in the global effort to prevent suicide by joining '**Cycle around the Globe**' from September 10th to October 10th. Get family and friends involved and cycle any distance on any road, track, or gym to raise awareness of suicide prevention.

Register for Cycle Around the Globe >

Donate, Share Your Story, or Volunteer with SAVE

SAVE (Suicide Awareness Voices of Education) provides education, grief support, public awareness, and training resources. They provide easy opportunities to donate or volunteer to support the mission of suicide prevention. Individuals can also find support by sharing their stories of hope and reading the stories of others.

Click Here to Participate >

Hyperlinks

- https://supporting.afsp.org/index.cfm?fuseaction=cms.page&id=1370
- https://www.iasp.info/cycle-the-globe/
- https://save.org/

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Fresh Spring Rolls

Adapted from cookieandkate.com | Serves 8

Spring Roll Ingredients

- 2 oz rice vermicelli or maifun brown rice noodles
- 1 tsp toasted sesame oil
- ¼ tsp fine sea salt
- 1 cup torn butter lettuce; ribs removed
- 1 cup very thinly sliced red cabbage
- 2 medium carrots, peeled and sliced into strips
- 2 Persian (mini) cucumbers or 1 small cucumber, sliced into strips
- 1 medium jalapenos, ribs and seeds removed, thinly sliced
- ¼ cup thinly sliced green onions
- ¼ cup roughly chopped fresh cilantro
- ¼ cup roughly chopped fresh mint
- 8 sheets rice paper (spring roll wrappers)

Peanut Sauce Ingredients

- 1/3 cup creamy peanut butter (optional substitutes: sunflower butter or tahini)
- 2 Tbsp rice vinegar
- 2 Tbsp soy sauce or tamari
- 2 Tbsp honey
- 1 Tbsp toasted sesame oil
- 2 cloves garlic, pressed or minced
- 2-3 Tbsp water, as needed

Directions

Spring Rolls

1. Bring a pot of water to boil and cook the noodles just until al dente, according to package instructions. Drain and rinse noodles under cool water and return to pot. Off the heat, toss noodles with sesame oil and salt and set aside.
2. Combine green onion, cilantro and mint in a small bowl and stir.
3. Fill a shallow pan with an inch of water. Fold a towel in half and place next to the dish. Make sure the prepared fillings are within reach.

Photo Credit: cookieandkate.com

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Fresh Spring Rolls

Continued...

Directions

Spring Rolls *Continued...*

4. Place one rice paper in the water and let rest for about 20 seconds, or until the sheet it pliable but not floppy. Carefully lay flat on towel.
5. Leaving about 1 inch of open rice paper around the edges, cover the lower third of the paper with a few pieces of butter lettuce, followed by a small handful of rice noodles, cabbage and a few strips of carrots, cucumber and jalapeño. Sprinkle generously with herb mix.
6. Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides, like folding a burrito and roll up. Repeat with remaining ingredients.

Peanut Sauce

1. In a small bowl, whisk together peanut butter, rice vinegar, soy sauce, honey, sesame oil and garlic. Whisk in 2-3 Tbsp water, as needed. Sauce should be creamy but dippable.

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From the Dietitian's Desk

With Becca Rick, MS, RD

How to Understand & Manage Emotional Eating

Emotional eating refers to eating for reasons other than biological hunger and is often thought of and used as a tool for coping with feelings. However, eating will always have an emotional connection. Think of memories of a homecooked dinner as a child, connecting with a friend over a drink or treat, and celebrating a birthday or anniversary with your favorite dessert. Having strong emotions connected to eating is normal and is part of what makes food so enjoyable. When eating is the only tool used to deal with emotions, it can be helpful to add additional coping skills to handle difficult situations, thoughts, and feelings. Food can provide short-term comfort but will not fix the underlying challenges. Explore other tools and skills and seek support to deal with the source of uncomfortable emotions.

> "Nothing would be more tiresome than eating and drinking if they hadn't been made a pleasure as well as a necessity."

The first step is to eliminate feelings of guilt around food and eating. Let go of the idea that food is morally good or bad. Placing morality around food can lead to feelings of shame, which have no place in the eating world. Instead replace the guilt and shame with self-compassion and curiosity about underlying issues and how to cope with them. Common reasons for eating past fullness include boredom, procrastination, reward, stress, anger, anxiety, depression and soothing.

Use these three simple questions to identify and cope with emotional eating:

1. Am I biologically hungry?

If yes, then listen to your body's internal signals and eat until satisfied.

If not, ask yourself question #2.

2. What am I feeling?

If the biological hunger is not there, try to find the source of the desire to eat. This step may require time and support. Consider writing out feelings, calling a friend or making an appointment with a mental health counselor.

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From the Dietitian's Desk

Continued...

3. What do I need?

Once the emotion has been identified, consider what unmet need would help with the feelings. Possible answers may include rest, social interaction or quiet time.

Once these questions have been addressed, consider speaking up or asking for help to better cope with emotions. Remember that everyone deserves to have his/her needs met; this includes adequate rest, expression of feelings, being heard and understood, being intellectually stimulated and receiving comfort.

Becca Rick MS, RD
GBS Health & Wellness Director

References
- Tribole, E., & Resch, E. (2020). Intuitive Eating: A Revolutionary Anti-Diet Approach (4th ed.). St. Martin's Griffin.

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The Six Dimensions of Wellbeing

Talk It Out

Physical

Everyone has a physical response to stress, often referred to as the fight or flight response. It's important to find ways to react appropriately when feeling stressed to avoid doing or saying something regretful. Try different strategies like counting to 100 or waiting 1 hour before responding to stressful situations.

Intellectual

Take time to learn about suicide prevention strategies. Be aware of suicide warning signs and be prepared to offer support when needed.

Emotional

Emotional intelligence is defined as "the ability to perceive, use, understand, manage and handle emotions". Become aware of personal improvements that need to be made in order to properly support others that may be struggling.

Social

Don't be afraid to start difficult conversations with others. It can lead to invaluable relationships founded on support and encouragement.

Environmental

The environment can have a significant impact on one's mental health. Assess work and home environments to determine how they are affecting behaviors and mood. Organize and declutter as an easy way to relieve pent up stress.

Financial

Financial problems can cause anxiety, depression, and suicidal ideation. Consider finding healthy ways to cope with stress that don't involve spending money. Assess unnecessary spending and create a budget for the upcoming holidays.

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September Quiz

Emotional: *Talk It Out*

Put your knowledge to the test!

1. **True or False:** It is important to evaluate personal mental health before offering support and help to others struggling with negative thoughts and serious problems.
    a) True
    b) False

2. **Which are examples of ways to start a conversation without asking "How are you doing"?**
    a) "You seem off today"
    b) "Something's different"
    c) "I'm worried about you"
    d) All the above

3. **True or False:** You can show support and promote suicide awareness by wearing a turquoise and purple ribbon.
    a) True
    b) False

4. **Which of the following are questions you can ask to identify and cope with emotional eating?**
    a) "Am I biologically hungry?"
    b) "What am I feeling?"
    c) "What do I need?"
    d) All the above

5. **True or False:** Emotional eating refers to eating for reasons other than biological hunger and is often though of and used as a tool for coping with feelings.
    a) True
    b) False

1) a; 2) d; 3) a; 4) d; 5) a