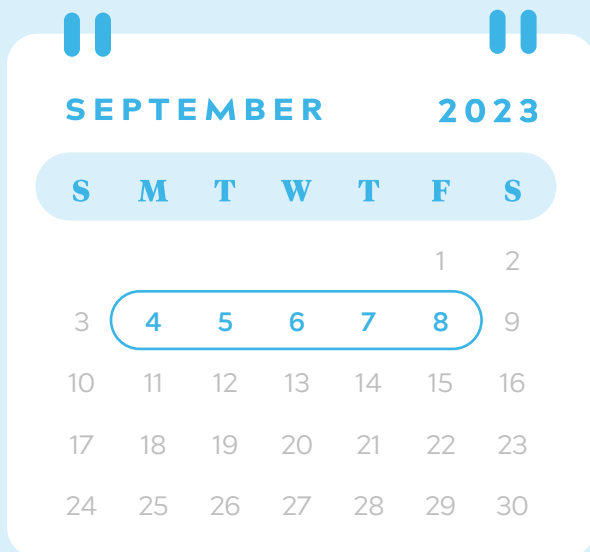




GBS HEALTH & WELLNESS

Intentional Conversations

September is Suicide Awareness Month. Read this month's resources for tips on elevating conversations to build trust. Learn strategies from the [R U OK? Campaign](#) including steps to prepare for difficult conversations with loved ones. Don't forget to tune in to "From Silence to Strength" a suicide prevention and awareness webinar given by GBS Behavioral Health Director Catherine Van Tassell.



Make Sure You Have Everything You Need

Take a minute to watch a quick video outlining this month's resources.



September Mini Challenge

Connect to your community by completing the following simple activities.

September 4th

Celebrate Labor Day by reading [Labor Day Celebrations](#).

September 5th

[Register now](#) for "From Silence to Strength" a suicide prevention and awareness webinar given by GBS Behavioral Health Director Catherine Van Tassell.

September 6th

Work towards building intentional conversations by offering 3 genuine compliments today.

September 7th

Spice up your conversations by asking engaging questions like "What's the most interesting thing you've read lately?" "What's the best thing you've ever bought off Amazon?"

September 8th

Be intentional with your words and present in your conversations. Leave your phone behind or put it on silent during conversations with loved ones today.

Movement of the Month

Burpees, you either love them or you hate them. Most of the time it's the latter. This simple exercise is effective for many reasons. It's a total body exercise and requires zero equipment. Aim to add 10 to your daily workouts. Increase that number throughout the month and see how many you can build to!