



HEY, HOW ARE YOU?
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TRANQUILITY EDITION:



AS THE NEW SEASON BEGINS, SEPTEMBER REMINDS US TO SLOW DOWN, REFLECT, AND CARE FOR OURSELVES AND OTHERS. THIS MONTH, WE HONOR NATIONAL SUICIDE PREVENTION MONTH BY RAISING AWARENESS AND OFFERING HOPE. WE ALSO TAKE TIME TO HIGHLIGHT THE IMPORTANCE OF KINDNESS IN OUR DAILY LIVES.



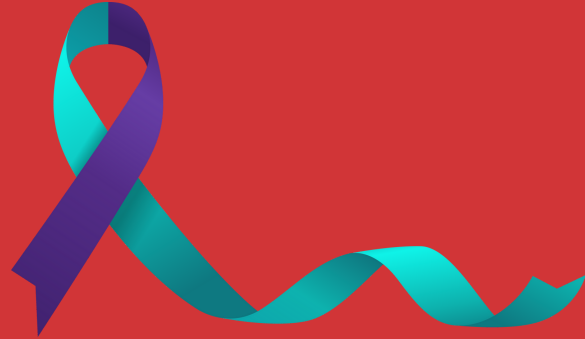
Standing Together for Suicide Prevention

Suicide Prevention: You Are Not Alone

September is National Suicide Prevention Month, a time to break the silence around mental health struggles and come together in compassion. Suicide is preventable, and every single one of us has the power to offer hope, support, and connection.

Warning Signs to Watch For

- Talking about wanting to die, feeling hopeless, or being a burden
- Withdrawal from loved ones, work, or school
- Major changes in eating, sleeping, or daily habits
- Increased use of alcohol or drugs
- Extreme mood swings, rage, or agitation
- Saying goodbye, giving away belongings, or making final arrangements



How You Can Help

- Ask Directly: “Are you thinking about suicide?” Asking does not put the thought in someone’s head, it opens the door for honesty and relief.
- Listen with Care: Be present, without judgment or quick fixes.
- Encourage Professional Help: Share resources and, if possible, offer to go with them.
- Follow Up: A simple check-in text or call can remind someone they matter.

Crisis Resources

- 988 Suicide & Crisis Lifeline: Call or text 988 for 24/7 free, confidential support.
- Crisis Text Line: Text HELLO to 741741 for immediate support.
- Maryland Crisis Hotline: Dial 211, then press 1 for local mental health crisis response.
- Prince George’s County Mobile Crisis Team: 24/7 support at (301) 429-2185.



Remember: Reaching out to someone who is struggling does not need to be perfect, it just needs to be genuine. Your voice, presence, or kindness may be the small difference that makes things feel more manageable for them.



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The Power of Kindness & Understanding



Kindness is one of the simplest, yet most powerful tools we have for creating healing and connection. For someone who is silently struggling, a kind word, a patient response, or a moment of understanding can make all the difference.

Kindness doesn't require perfection or grand gestures. It thrives in the small, everyday choices we make.

Everyday Acts of Kindness

- Start with a Smile: Smiling at a neighbor, cashier, or stranger can spark connection.
- Offer Genuine Compliments: Recognize effort, creativity, or resilience in others.
- Lend a Hand: Hold a door, help carry groceries, or offer your seat. Small actions show care.
- Practice Patience: Respond gently in traffic, long lines, or tense conversations.



Being Understanding

- Listen Fully: Give your full attention without interrupting or rushing someone.
- Assume Good Intentions: Most people are doing their best. Respond with grace rather than judgment.
- Respect Differences: Everyone has unique experiences, cultures, and challenges. Try to learn rather than criticize.
- Validate Feelings: Even if you don't fully understand, saying "I hear you" or "That sounds really tough" builds trust.

Kindness Toward Yourself

True kindness begins within. When you treat yourself with compassion, you build the strength to extend it outward.

- Replace self-criticism with encouragement: "I'm learning" instead of "I can't do anything right."
- Give yourself permission to rest and recharge.
- Celebrate small wins instead of only focusing on big achievements.
- Speak to yourself the way you would speak to someone you love.

Ripple Effect of Kindness

One kind act can inspire another, creating a chain reaction of care that extends far beyond what we can see. Every word of encouragement, every act of patience, and every moment of empathy strengthens our communities and reminds us that we are all connected.

Challenge for September: Each day commit to one small act of kindness for a friend, a stranger, or yourself. At the end of the month, reflect on how it shaped your mood, relationships, and outlook.



KINDNESS IS
CONTAGIOUS



Libraries ~ Gateways to Knowledge, Wellness, and Community



September is Library Card Sign-Up Month, a reminder that one small card can open the door to endless opportunities. A library card is not only about borrowing books; it is about accessing resources that nurture the mind, reduce stress, and strengthen community connection.

Benefits of Having a Library Card

Access to Learning

- Books, audiobooks, e-books, and research databases at no cost
- Classes, lectures, and skill-building workshops to expand knowledge
- Student support through study resources, tutoring programs, and homework help



Digital Tools and Technology

- Free access to computers, printers, and internet services
- Borrowable devices such as tablets or Wi-Fi hotspots in many library systems
- Online resources for career development, language learning, and certification courses

Mental Health and Wellness Resources

- Quiet spaces for reflection, study, or calm
- Wellness-focused events such as yoga, journaling workshops, and stress management classes
- Collections of books on mindfulness, coping strategies, and emotional well-being

Community Connection

- Safe, inclusive spaces where all are welcome
- Events for every age group: story hours for children, book clubs for adults, cultural celebrations for families
- Opportunities to meet new people, build friendships, and strengthen community ties



Did You Know? Studies show that reading for just six minutes a day can lower stress levels by up to 68 percent. Libraries make this healing practice accessible to everyone.

How to Sign Up

Getting a library card is simple and free. Visit your local branch with a photo ID and proof of address to register. Many library systems also offer digital cards, which allow immediate access to e-books and online resources.

This month, celebrate the power of libraries by signing up for a card, renewing an old one, or encouraging a friend or family member to join. A library card is more than access to books; it is an invitation to learn, connect, and support personal well-being.

Director's Corner...



Erica Coleman CPRP Founder/ Director

AS WE OBSERVE SUICIDE PREVENTION AND AWARENESS MONTH, I WANT TO TAKE A MOMENT TO SPEAK FROM THE HEART—NOT JUST AS A DIRECTOR, BUT AS SOMEONE WHO CARES DEEPLY ABOUT THE WELLBEING OF OUR COMMUNITY.

SUICIDE AFFECTS MORE THAN JUST THE INDIVIDUAL. IT LEAVES A RIPPLE EFFECT THAT TOUCHES FAMILIES, FRIENDS, COWORKERS, AND ENTIRE COMMUNITIES. BEHIND EACH STATISTIC IS A PERSON—SOMEONE WHO FELT ALONE, OVERWHELMED, OR HOPELESS.

THE TRUTH IS, MANY OF US ARE SILENTLY STRUGGLING. MENTAL HEALTH CHALLENGES DON'T ALWAYS SHOW ON THE OUTSIDE. THAT'S WHY KINDNESS—BOTH TOWARD OTHERS AND TOWARD OURSELVES—IS MORE IMPORTANT THAN EVER.

"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." —Stephen Covey

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