

Mental Wellness

September is Suicide Prevention Month

Suicide is preventable and we can all play a role! Here are some important actions you can take:

1. Have “the talk.” Establish yourself as a safe person your loved ones can go to if they’re feeling hopeless. Let the people in your life know you’re open to hearing about their mental health concerns. With kids, tell them about some of the feelings they may experience and let them know ahead of time that it’s ok to ask for help and should tell you if they ever think about dying or wanting to take their life.

2. Ask the question... It may be a tough question to ask, but if you notice any of the warning signs (see the image below from AFSP), asking someone if they’re thinking about suicide is really important. Wait for their response, and be there to listen.

3. Put these numbers in your phone.

Suicide Prevention Lifeline: 800-273-8255
Crisis Text Line: 741-741

You can call or text anytime to get help for yourself or for a friend. You should stay with a person who is having thoughts of suicide and contact a crisis line for assistance.

Krista Armstrong, MA, LPC

Massage

Healthy Aging and Massage Therapy

Massage therapy can help address problem conditions and promote overall good health and increase your quality of life. As we age our bodies seem to take the brunt of the wear and tear. Some of the common challenges we face over the years of our various lifestyles are:

- Decrease in mobility and strength
- Slower nerve function
- Our muscle tissue is less elastic
- Frail bones and thinner skin
- Less efficient immune system

.... and it is as simple as chronic stress and inactivity that speed up the aging process!

But what if I told you a simple monthly massage:

- Increases your sleep
- Reduces anxiety & muscle tension
- Promotes relaxation
- Increases range of motion and flexibility

Massage therapy can reduce the negative effects of stress and can promote healthy aging. Not only does massage therapy have its physical benefits, but it can also promote social interaction for those that may experience isolation or loneliness.

Victoria McCracken, LMT

Learning to love...you!



SUICIDE WARNING SIGNS

TALK

- Being a burden to others
- Experiencing unbearable pain
- Killing themselves
- Having no reason to live
- Feeling trapped

BEHAVIOR

- Increased use of alcohol or drugs
- Acting recklessly
- Withdrawing from activities
- Looking for a way to kill themselves, such as searching online for materials or means
- Sleeping too much or too little
- Isolating from family and friends
- Visiting or calling people to say goodbye
- Aggression
- Giving away prized possessions

MOOD

- Loss of interest
- Irritability
- Depression
- Rage
- Anxiety
- Humiliation

AMERICAN FOUNDATION FOR Suicide Prevention

Yoga

September is National Yoga Month

September is National Yoga Month! The purpose of this month is to promote the health benefits of yoga and inspire a healthy lifestyle. According to the National Center for Complementary and Integrative Health (NCCIH), many individuals practice yoga to maintain their health and wellbeing, improve physical fitness, relieve stress, and enhance their quality of life. Here are a few ways to celebrate National Yoga Month even if you're a beginner:

- **Try a new pose.** Maybe there's a pose that you are working toward, have a love-hate relationship with, or simply don't practice too often.
- **Set daily intentions.** Intentions are sometimes integrated into a yoga practice. Whether it's a goal, a theme, or just a mantra, this gives you something you can revisit throughout your day when challenges arise or when you just need a reminder to let something go.
- **Create some serenity in your home.** Your living space contributes to how you feel, how you feel affects what you think, and what you think impacts how you act - see a pattern here? Maybe you're setting up a cozy space to practice yoga, reorganizing your bedroom, or tidying up your desk. When things are neat and arranged, you'll feel calmer and more at ease.
- **Journal.** Whatever you've chosen to do on this list, spend a few moments reflecting on it. No need to get fancy just make sure it's a place where you can revisit your reflections at a later time so you can remember how good you felt incorporating these positive changes into your life this month!

Joelene Edmondson, RYT

New

Join us on **September 24, 2021,**
from 10 am - 2 pm at the Greenville Business &
Community Expo! Learn more about our services
and be entered for a chance to win prizes!

Greenville Family Moose Center
32 Shenango Street, Greenville, PA

Nutrition

September is Fruits & Veggies – More Matters Month!

Many of us know the importance of eating a lot of fruits and vegetables, but still, a lot of us aren't getting enough.

Eating plenty of fruits and vegetables can help you:

- Lower your risk for heart disease and some types of cancer
- Maintain or reach a healthy weight
- Keep your body strong and active

One easy tip for eating more fruits and vegetables is ensuring they make up half of what you eat, every time you eat a meal.

Other tips for packing in more fruits and veggies include:

- Keeping a bowl of fruit handy where the whole family can see it
- Cutting up fruits and veggies ahead of time so they're ready for snacks
- Challenging your family to try a new veggie or fruit every week

Alissa Kelly, NASM-CPT, CES, CNC

724.269.7222

Office@rockcreekwellness.org

60 B Franklin Rd. Mercer PA 16137



ROCKCREEKWEELNESS.ORG