

FEELING GOOD

September 2025 | Good news for a happier, healthier you.

National Suicide Prevention Month: Raising Awareness and Support

September is National Suicide Prevention Month, a crucial time to raise awareness about mental health and the importance of seeking help. Suicide is a serious public health issue, but it is preventable. By fostering open conversations and providing support, we can make a difference in the lives of those who may be struggling. Here are some tips and resources to help you support this important cause:

Understanding the Signs

Recognizing the warning signs of suicide is essential for providing timely support. Some common signs include:

- **Talking about wanting to die or feeling hopeless:** If someone expresses these feelings, take them seriously and encourage them to seek help.
- **Withdrawal from friends and family:** A sudden change in social behavior can indicate that someone is struggling.
- **Changes in mood or behavior:** Look for signs of increased anxiety, irritability, or drastic mood swings.
- **Substance abuse:** Increased use of alcohol or drugs can be a coping mechanism for underlying issues.

Tips for Supporting Others

- **Start the Conversation:** If you're concerned about someone, don't hesitate to ask them how they're feeling. Approach the topic with empathy and without judgment. A simple, "I've noticed you seem down lately; is everything okay?" can open the door to a meaningful conversation.

- **Listen Actively:** If someone shares their feelings with you, listen without interrupting. Validate their emotions and let them know that it's okay to feel what they're feeling. Sometimes, just being there to listen can make a significant difference.
- **Encourage Professional Help:** If someone is struggling, gently encourage them to seek help from a mental health professional. Offer to help them find resources or accompany them to appointments if they feel comfortable.
- **Follow Up:** After your initial conversation, check in with the person regularly. Let them know you care and are there for them. Consistent support can help them feel less isolated.

Resources for Support

- **National Suicide Prevention Lifeline:** Call 1-800-273-TALK (1-800-273-8255) for 24/7 support. More info: suicidepreventionlifeline.org.
- **SAMHSA's National Helpline:** Call 1-800-662-HELP (1-800-662-4357) for 24/7 treatment info. Visit: samhsa.gov.

September Health Awareness:



Learn more about this month's featured health observances:

- **National Suicide Prevention Month**
suicidepreventionlifeline.org
- **National Recovery Month**
recoverymonth.gov
- **Healthy Aging Month**
healthyaging.net/healthy-aging-month/
- **World Alzheimer's Month**
alz.org
- **Newborn Screening Awareness Month**
babysfirsttest.org
- **National Childhood Obesity Awareness Month**
healthykidshealthyfuture.org
- **National Self-Care Awareness Month**
selfcareawarenessmonth.com
- **National Yoga Awareness Month**
allyogatraining.com
- **National Recovery Month**
recoverymonth.gov
- **Sports Eye Safety Awareness Month**
<https://preventblindness.org/sports-eye-safety/>

Embracing Mindfulness for Emotional Well-Being



Mindfulness is a powerful tool for enhancing emotional health. By focusing on the present moment, you can reduce stress and improve your overall well-being. Here are some tips to incorporate mindfulness into your daily routine:

Practice Deep Breathing:

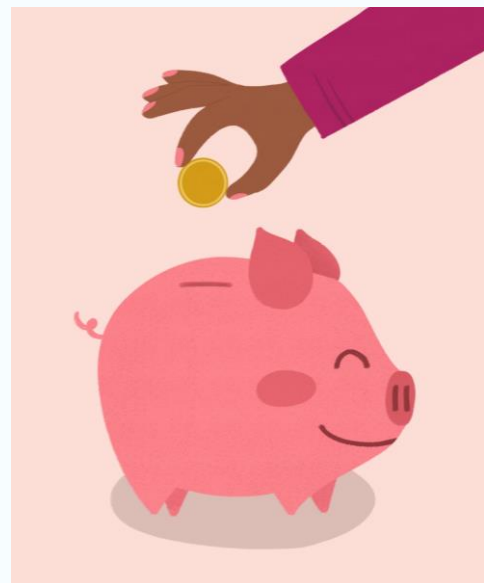
Take a few minutes each day to focus on your breath. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth. Watch the Awareness of Breath Video: <https://youtu.be/km5-Q9suj0w>

Engage in Meditation:

Set aside time for meditation, even if it's just for 5-10 minutes each day. Meditation can help clear your mind, reduce stress, and enhance your overall emotional well-being. To get started, find a quiet space where you won't be disturbed. Sit comfortably, close your eyes, and focus on your breath. If your mind begins to wander, gently bring your attention back to your breathing.

Be Present:

During daily activities, try to focus fully on what you're doing, whether it's eating, walking, or having a conversation.



Smart Money Tips for a Healthy Budget

Stretch Your Dollars While Staying Healthy

Financial health is just as important as physical and emotional well-being. A few smart habits can reduce stress and free up money for what really matters.

Practical Ideas:

1. **Budget Monthly:** Know exactly where your money goes.
2. **Plan Meals:** Saves on groceries and avoids last-minute takeout.
3. **Shop Smart:** Compare prices online and use cashback apps.
4. **Pause Before Purchases:** Wait 24 hours before buying non-essentials.
5. **Use Free Resources:** Libraries, local parks, and community events offer free activities for the whole family.

QUICK TIP:

Automating small weekly transfers to a savings account can grow your emergency fund without you noticing.

Learn More: <https://www.usda.gov/about-usda/news/blog/healthy-eating-budget>



The Importance of Social Connections for Mental Health

Building and maintaining social connections is vital for emotional well-being. Here are some ways to strengthen your relationships:

Reach Out: Try to connect with friends or family members regularly. A simple text or phone call can make a difference.

Join a Group: Consider joining a local club or online community that aligns with your interests. This can help you meet new people and foster connections.

Volunteer: Helping others can improve your mood and expand your social network. Look for local volunteer opportunities that resonate with you.

For more information on the benefits of social connections, check out [MentalHealth.gov](https://www.mentalhealth.gov).

Back-to-School Physical Health & Safety



Healthy Habits

Prepare for a smooth school start with healthy routines:

- Vaccinations: Stay current with all required shots, including seasonal flu boosters.
- Encourage frequent handwashing to reduce germs in classrooms.
- Serve balanced breakfasts and pack nutrient-rich snacks to support focus and immunity.
- Aim for 10 hours of rest nightly; set device curfews to improve sleep quality.

Backpack Safety

A well-fitted backpack helps prevent back and shoulder strain:

- Choose one with padded, adjustable straps.
- Keep the total weight under 10% of your child's body weight.
- Place heavier items close to the back panel.

Sun & Tick Safety for Active Kids

Even as summer fades, UV rays and insect-borne illnesses remain risks:

- Apply and reapply SPF 30+ sunscreen during outdoor time and dress in UPF-rated clothing, hats, and sunglasses.
- Use tick repellents containing DEET or picaridin and check for ticks after outdoor play.
- Shower soon after coming indoors to reduce risk of tick-borne illnesses.

Road Safety

Teach and reinforce safe travel habits:

- On the bus: wait for a complete stop before boarding, remain seated, and keep aisles clear.
- Walking or biking: use sidewalks, crosswalks, and helmets that fit properly.

Online Safety

Help children navigate both real-world and online risks:

- Clarify who is approved to pick them up from school.
- Teach them to avoid conversations with strangers at bus stops or playgrounds.
- Avoid posting back-to-school photos with identifiable location details.
- Use parental controls and monitor social media activity.

Talking Together

The back-to-school transition can stir excitement and anxiety:

- Stay calm and positive - children often mirror a parent's mood.
- Check in regularly about their day, friends, and feelings.
- Create an emergency plan with meeting points, code words, and contact cards.
- Practice scenarios like fire drills or safe responses to stranger contact.

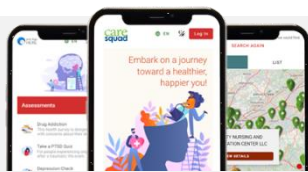
Practicing Gratitude for a Positive Mindset

Gratitude can significantly impact your emotional well-being.

Here are some ways to cultivate gratitude in your life:

- **Keep a Gratitude Journal:** Write down three things you're grateful for each day. This practice can shift your focus to the positive aspects of your life.
- **Express Appreciation:** Take time to thank those around you, whether through a note, a call, or in person.
- **Reflect on Positive Experiences:** Spend a few moments each week reflecting on positive experiences and what you learned from them.

For more insights on gratitude, check out [Greater Good Science Center](#).



Explore more free-for-all information and resources at app.caresquad.com

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