

# FEELING GOOD

September 2024 | Good news for a happier, healthier you.

## Boost Your Autumn Health in 5 Simple Steps



As the leaves transition to their vibrant hues and fall gently to the ground, autumn is upon us, signaling a time for cozy sweaters, warm beverages, and nature's beauty. Amidst these pleasures, it's vital to prioritize your well-being.

Here are five tips to help you stay healthy this autumn:

**Live Healthier** - Use this season to adopt a better lifestyle. Initiate exercises, eat well, or quit smoking. With great weather, outdoor activities enhance well-being.

**Check Your Health** - As kids get ready for school checkups, schedule one for yourself. Whether after a while or due to concerns, visit your doctor. Vital signs, screenings, and vaccinations can be updated.

**Embrace a Family Doctor** - Autumn is the perfect time to switch to a family doctor, who provides comprehensive care for all ages, diagnoses various conditions, offers preventive services like vaccinations, and guides healthy living.

**Choose Seasonal Foods** - Autumnal produce like apples, pumpkins, and dark greens are not only fresher but also richer in nutrients. Enhance your diet with these seasonal gems.

**Prioritize Sleep and Mental Health** - With earlier nights, ensure seven to eight hours of sleep. Combat seasonal blues by connecting with loved ones, seeking therapy, or engaging in stress-relief activities.

**Additionally, Boost Social Wellness** - Apart from self-care, strengthen social bonds. Reflect on needs, contact distant friends, engage in group activities, volunteer, and enjoy social outings. Your social well-being complements your mental and physical health.

## September Health Awareness:

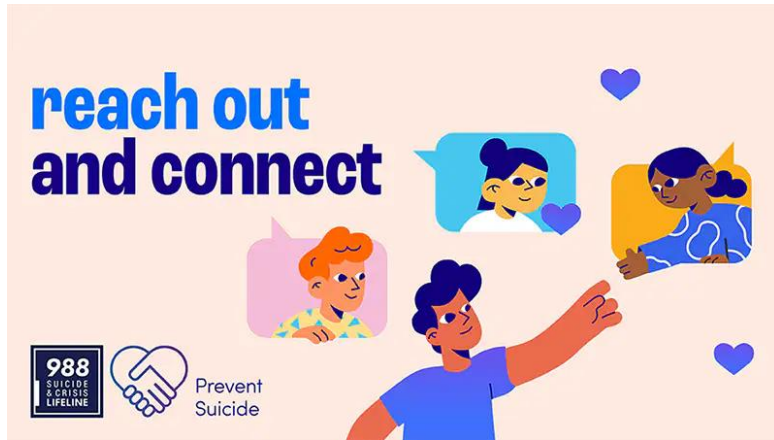


Learn more about this month's featured health observances:

- [Blood Cancer Awareness Month](#)
- [Childhood Cancer Awareness Month](#)
- [Healthy Aging ® Month](#)
- [NICU Awareness Month](#)
- [National Atrial Fibrillation Awareness Month](#)
- [National Childhood Obesity Awareness Month](#)
- [National Cholesterol Education](#)
- [National ITP \(Platelet Disorder\) Awareness Month](#)
- [National Recovery Month](#)
- [National Sickle Cell Month](#)
- [Newborn Screening Awareness Month](#)
- [Ovarian Cancer Awareness](#)
- [Pain Awareness Month](#)
- [Prostate Cancer Awareness Month](#)
- [Sepsis Awareness Month](#)
- [Sexual Health Awareness Month](#)
- [World Alzheimer's Month](#)

# National Suicide Prevention Week

September 8-14, 2024



## IF YOU OR SOMEONE YOU KNOW IS IN CRISIS

### 988 | SUICIDE & CRISIS LIFELINE

Call or text the [988 Suicide & Crisis Lifeline](https://988lifeline.org/) at **988** (*para ayuda en español, llame al 988*). The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress. Call **911** in life-threatening situations. If you are worried about a friend's social media updates, you can [contact safety teams at the social media company](#).

#### What are the warning signs of suicide?

Warning signs that someone may be at immediate risk for attempting suicide include:

- Expressing a desire to die or kill oneself
- Feeling hopeless, empty, or trapped
- Suffering intense emotional or physical pain
- Believing to be a burden on others
- Isolating from loved ones
- Giving away belongings
- Taking dangerous risks
- Settling affairs or saying farewells
- Frequent thoughts of death

Other serious warning signs that someone may be at risk for attempting suicide include:

- Displaying drastic mood swings
- Planning or seeking suicide methods
- Talking about overwhelming guilt or shame
- Increased alcohol or drug use
- Agitation or anxiety
- Altered eating or sleeping patterns
- Displaying rage or vengeful thoughts

#### Suicide is not a normal response to stress.

Suicidal thoughts or actions are a sign of extreme distress and should not be ignored. If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.



## Ten Fall Foods Beyond Pumpkin for A Healthy Boost

Amid the pumpkin frenzy, there's a plethora of autumn produce to explore. Enhance your well-being with these **10 fall foods** that offer a fresh twist to your seasonal recipes:

**Apples:** Packed with immune-boosting vitamin C and fiber, apples promote gut health and reduce blood pressure.

**Artichokes:** Loaded with antioxidants, artichokes are flavorful and beneficial. Roasting them preserves their nutrients.

**Sweet Potatoes:** Nutrient-packed sweet potatoes supply vitamins B6, C, fiber, and beta-carotene for healthy skin, eyes, and bones.

**Persimmons:** High in fiber and vitamins, persimmons resemble orange tomatoes and bring a sweet flavor to your diet.

**Beets:** Rich in nitric oxide, beets enhance cardiovascular function and support post-workout recovery.

**Pomegranates:** Their antioxidant-rich seeds aid blood pressure and muscle recovery, rivaling red wine and green tea.

**Brussels Sprouts:** Containing sulforaphane, Brussels sprouts offer cancer-fighting potential alongside muscle-building protein.

**Cranberries:** Packed with antioxidants, whole cranberries combat cardiovascular risk factors and inflammation.

**Chestnuts:** A low-fat, whole-carb alternative to nuts, chestnuts offer cold-fighting vitamin C and a satisfying crunch.

**Cauliflower:** Rich in fiber, potassium, and vitamin C, cauliflower supports blood pressure and collagen production.

*Expand your fall menu beyond pumpkin and embrace these vibrant, nutrient-rich options for a healthier season.*

# 10 Quick Stress Busters



**Be Active** - Physical activity won't eliminate stress, but it can reduce its emotional intensity. Exercise helps clear your mind and allows you to approach problems with a calmer mindset.

**Take Control** - Feeling powerless can heighten stress. By taking charge and finding solutions that work for you, you'll regain a sense of control and reduce stress.

**Connect with People** - Sharing your concerns with friends, family, or colleagues can help you see things differently and feel supported.

**Have Some "Me Time"** - Balance is key. Make time for activities you enjoy, whether it's a hobby, reading, or simply relaxing. Regularly set aside time to recharge away from work.

**Challenge Yourself** - Learning something new or setting personal goals can boost your confidence and make life more fulfilling. Achievements, big or small, can help reduce feelings of stress.

**Avoid Unhealthy Habits** - Coping with stress through alcohol, smoking, or excessive caffeine might provide temporary relief, but these habits can create more problems in the long run. Aim to tackle the root cause of your stress instead.

**Help Others** - Volunteering or simple acts of kindness can create a sense of purpose and resilience. Helping others not only benefits them but can also boost your own mood and outlook.

**Work Smarter, Not Harder** - Prioritize tasks that are truly important and don't waste time on less significant ones. This way, you manage your workload more effectively and reduce stress.

**Stay Positive** - Cultivate a positive mindset by focusing on things you're grateful for. At the end of each day, write down three things that went well or that you appreciate.

**Accept What You Can't Change** - Some situations are beyond your control. Instead of dwelling on them, focus on aspects you can influence.



Need more  
Resources?

## MOVE! Coach

An app for weight management, designed for **Veterans, service members, families, and anyone** aiming to lose weight.

iOS Download

Android Download



## Stand Up to Stress!

A **free** coloring book for kids aged 8-12 that educates about **stress, anxiety, and healthy coping**.

Download



## FindTreatment.gov

Anonymous US resources and map locations for **mental and substance use** disorder treatment.

Learn More



## The Eight Dimensions of Wellness

This video explores the Eight Dimensions of Wellness and helps you understand the practical strategies and ways you can begin developing healthy habits that can have a positive impact on your physical and mental health.

<https://youtu.be/tDzQdRvLAfM>

WATCH



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