

Working Together to Prevent Suicide

Suicide Prevention Week September 9 - 15, 2018 World Suicide Prevention Day September 10, 2018



suicideispreventable.org

Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters!

Monday September 10: Avoiding a case of the Mondays

Yesterday marked the beginning of Suicide Prevention Week. During this week individuals and organizations around the country join their voices to broadcast the message that suicide can be prevented, and to reach as many people as possible with the tools and resources to support themselves and those around them. To learn more visit: www.eachmindmatters.org/SPW2018.

INSERT LOCAL EVENTS HERE

Try out at Least One of These Tips This Week:

Getting back to work after a couple of days off can be hard. Yet it can be an opportunity to start fresh. Here are a few tips for avoiding “a case of the Mondays”. **To kick-off the week we encourage you to create a supportive environment wherever you work, live and play.** Supportive environments make healthy choices easier.

Tip 1: Practice positive thinking: [Research](#) suggests that there is power in positive thinking. Negative thoughts produce negative emotions, which narrow your sense of possibilities (fight or flight?). Positive thoughts and emotions do the opposite: they open your sense of possibilities. This can actually lead to better experiences, choices, and actions. Here are three tips for increasing positive thinking:

- Meditate – sit quietly, eyes closed and breathing calmly in a quiet space for 10 minutes, longer if you can. Many free apps are available to help.
- Write – as you drink your morning beverage, take a moment to write down a description of an intensely positive experience. It can be very short or long, just enough detail to take you back to how you felt.
- Play – start your day with something purely enjoyable and fun. If you can't fit it in first thing, carve out half an hour or an hour each day for something that inspires joy and lightheartedness.

Tip 2: Find your purpose: Given the number of hours most of us are at work, how we feel about our job has a lot of influence over our wellness. What are the fundamental goals of your job? Is it helping others, creating a safe environment, improving how people experience their community, or supplying food or clothing, etc. Connecting with these goals can enhance your sense of purpose.

Tip 3: Take care of your body and mind: Start your day or week with some exercise – walking, riding a bike, heading to the gym, or doing some yoga. Before you start your week, plan and prepare some fast and healthy breakfast options you can eat before you leave home.

Tip 4: Stay focused: It can be easy to settle back into old habits and set the lofty stuff aside. Every habit – good or bad - takes time and effort to form. Find ways to re-focus this week. Place motivational notes around your workspace, set alerts on your phone, or set goals with a buddy.

Enjoy your week and visit www.suicideispreventable.org, and familiarize yourself with the warning signs of suicide and how to offer support to a loved one.