



# To Your Health

Wellness Newsletter

SEPTEMBER 2014



### LEARN MORE

AMERICAN ASSOCIATION OF SUICIDE  
[www.suicidology.org](http://www.suicidology.org)

## 'One World Connected' September 10 Globally Promotes Suicide Prevention

**Can We Reduce This Tragedy?** With more people dying by suicide than victims of homicide and war combined, The International Association for Suicide Prevention (IASP) and the World Health Organization (WHO) are publicizing the importance of friend and family connections for those who display suicidal warning signs.

**Connectedness is Crucial.** Reaching out and offering help to those who have become disconnected from others may be a life-saving act. This connectedness can also come by means of clinical care for those with mental illness, particularly to those who become depressed. Internationally, proper identification of mental illness has improved. Yet it is still common for people with mental illness to fall through the cracks when others do not recognize the warning signs.

**IS PATH WARM?— The 10 Warning Signs.** This acronym stands for Ideation (in terms of suicidal thoughts), Substance Abuse, Purposelessness, Anxiety, Trapped, Hopelessness, Withdrawal, Anger, Recklessness, Mood Changes. If you notice these common symptoms, take immediate action to discuss what is on the person's mind.

**If Signs Are Detected.** (1) Do not leave the person alone, calmly remove firearms, alcohol, drugs or sharp objects. (2) Call the US National Suicide Prevention Lifeline at **800-273-TALK (8255)**. (3) Take the person to the emergency room or seek other medical help.

## KNOW THE WARNING SIGNS & GET HELP



## Emergency Preparedness

DO YOU HAVE YOUR EMERGENCY PLAN & KIT READY NOW?

PREVENT THE STRESS AND RISKS INVOLVED WITH BEING CAUGHT OFF-GUARD.

- Learn what protective measures to take before, during and after an emergency.
- Create a family plan and a contact list.
- Build a food and supply kit for disasters.
- Regularly update and replenish supplies.
- Encourage others to prepare beforehand.
- Does your workplace and school have a plan and are you aware of procedures?

VISIT [WWW.READY.GOV](http://WWW.READY.GOV) TODAY.



# FOCUSING ON SELF-IMPROVEMENT

TAKE AN HONEST LOOK AT YOURSELF & CREATE HAPPINESS.

Developing positive self-esteem is essential in childhood. But the need for self-improvement shouldn't stop there. In fact, self-esteem, confidence and personal growth are important factors to consider throughout your lifetime, especially during stressful times of transition including financial and health changes.

Self-improvement can be spiritual, physical and financial. Your efforts can affect your mind, body and behavior. Ongoing personal development is necessary for increasing and maintaining self-esteem and self-image, which improves relationships and the quality of your life.

## SELF-EXAMINATION

Find a quiet spot and honestly reflect on these questions.

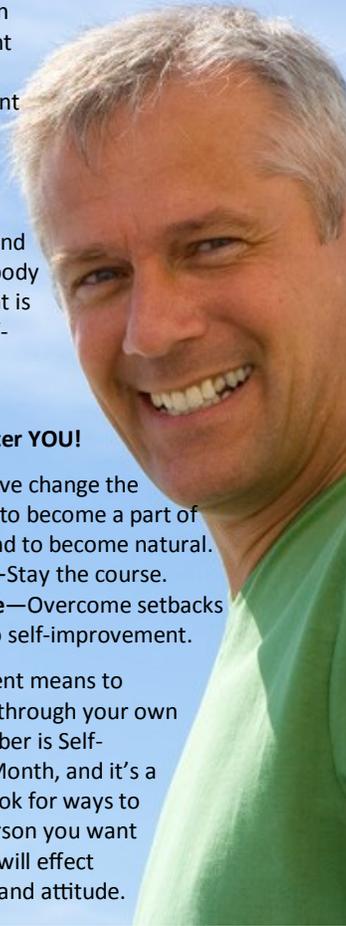
- Am I bored with my life?
- Do I treat others lovingly?
- Do I let go of mistakes?
- Why do I limit myself?
- Do I set a good example?
- Do I have positive friends?
- What are healthier options?

to be. Not only will you be happier, but you will effect others around you by your positive example and attitude.

## 3 Keys to a Better YOU!

1. **Patience**—Give change the necessary time to become a part of your lifestyle and to become natural.
2. **Persistence**—Stay the course.
3. **Perseverance**—Overcome setbacks in your quest to self-improvement.

Self-improvement means to become better through your own efforts. September is Self-Improvement Month, and it's a great time to look for ways to become the person you want



# A Balanced Backpack

What is too heavy for your children's backs to bear?

In an average year, some 2,000 visits to the emergency room involve back injury. Sometimes back damage is the result of years of improper treatment, so it is important to teach children to correctly wear a backpack, even if they don't feel immediate pain.

But, how can you tell if a backpack is too heavy? Usually, you will notice a change in posture and difficulty putting it on or taking it off. There may also be red bruise marks or numbness and tingling in the shoulders and arms.

## Choosing the Right Backpack

Select a bag with wide padded shoulder straps. If you notice that the shoulders are overstrained or posture is overcompensating for the weight, find a model with a waist strap. A backpack with various compartments will provide options to distribute the weight more evenly. *Tip: Fill the backpack with books and supplies while fitting it in the store.*



## The Correct Way to Carry a Backpack

Symmetry and height are key. Wear backpacks with both straps on and make sure weight along the back is no less than 4 inches above the waist. Figure the overall packed weight to be less than 10% of your child's body weight. If there is too much weight, try carrying a book pouch separately.



PHOTO COURTESY OF CHOW.COM

## INGREDIENTS:

- 8 ounces dried sweet potato noodles
- 4 teaspoons toasted sesame oil
- 1/4 cup soy sauce (gluten-free/low salt)
- 1 tablespoon packed dark brown sugar
- 1 tablespoon vegetable oil
- 1 medium carrot, peeled and cut into 1-1/2-inch matchsticks
- 1/2 medium yellow onion, thinly sliced
- 3/4 teaspoon kosher salt, less or more to taste/health factors
- 1/4 teaspoon freshly ground black pepper, plus more as needed
- 4 ounces fresh shiitake mushrooms, trimmed and thinly sliced
- 2 medium garlic cloves, finely chopped
- 6 ounces baby spinach
- 1 medium scallion, thinly sliced (white and light green parts only)
- 1 1/2 teaspoons toasted sesame seeds

SERVINGS: 4 - 6  
PREP TIME: 5 MIN.  
COOK TIME: 20 MIN.

- VEGETARIAN
- GLUTEN-FREE
- LEFT-OVER FRIENDLY

# Sweet Potato Noodles

This tasty Korean dish will soon be your family's favorite.

**PREPARATION:** Mix the soy sauce and sugar together in a small bowl until the sugar has dissolved; set aside.

Bring a large saucepan of salted water to a boil. Add the noodles, stir to separate them, and boil until cooked through, about 5 minutes. Drain in a colander and rinse under cold water until cool. Using scissors, cut the noodles into 6- to 8-inch lengths. With the noodles still in the colander, drizzle with 2 teaspoons of the sesame oil and toss to coat; set aside.

Heat the oil in a large frying pan over medium heat until shimmering. Add the carrots, onion, measured salt, and measured pepper. Cook, stirring occasionally, until the onion has softened, about 8 minutes. Add the mushrooms and garlic and cook, stirring occasionally, until the mushrooms are tender, about 3 minutes.

Increase the heat to medium high. Add the spinach and toss with tongs to combine. Let cook until slightly wilted, about 1 minute. Add the reserved noodles and soy sauce mixture and gently toss until heated through, about 2 to 3 minutes. Remove the pan from the heat, add the remaining 2 teaspoons toasted sesame oil, and gently toss to combine. Taste and season with salt and pepper as needed. Transfer to a serving platter and sprinkle with scallions and sesame seeds. Enjoy hot or at room temperature.