

You've got focus

Trust yourself

September 2017 Newsletter

Learn how to trust ... yourself!

Monthly Awareness:
Let's talk about suicide

Infographic:
Handy household hacks

Let's Talk video:
Social media - Think before you post



Trusting yourself is key to enjoying and succeeding in life. **Find steps to increase your self-trust.**

Each year, over one million people in the U.S. attempt suicide. **Find out who's at risk for suicide and what you can do.**

Looking to get organized? **Try these simple household tips to help you get organized and save time, too.**

Social media and just being online is a reality of modern day living. It's important to make healthy decisions online. **Watch the social media video here...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

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Learn how to trust... yourself!



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Most of us have people we trust in our lives. They may be our spouses, partners, parents, other family members, friends or coworkers. They're the people we know who will always "have our backs."

But do you trust yourself?

- Do you believe in your own instincts?
- Can you make and stick with your decisions?
- Would you turn to yourself for advice if you were your friend?

Why it's essential to trust yourself

There are many times we feel uncertain in life. Sometimes someone else makes us question ourselves. And sometimes we do it to ourselves with negative self-talk and doubt.

But trusting yourself is key to enjoying and succeeding in life. It helps you learn from your mistakes, get through hard times and make difficult decisions.

Steps to believing in yourself

- 1. Make self-care your top priority.** Exercise, eat right and get enough sleep. Set aside time for fun and relaxation.

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- 2. Recognize your successes — even the small ones.**

- 3. Practice self-forgiveness.** Look in the mirror and say: "I forgive myself for..." whenever you need to let go of errors.

- 4. See missteps as chances to learn.**

- 5. Write down things you like about yourself.** Include strengths, talents and abilities. Make another list of what others say they like about you. Add to both lists as often as possible. Keep these lists handy and re-read them whenever you doubt yourself.

- 6. Try new things.** Push yourself to expand your comfort zone.

- 7. Trust your instincts.** Make decisions and stick to them. Remember, you'll learn even if you turn out to be wrong sometimes.

Practice these steps to build self-trust. As your confidence increases, you'll find yourself growing in ways you never even imagined.

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Let's talk about suicide



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There's good news and bad news about suicide. The good news is that people are talking more openly about it these days. The bad news is why: Current statistics are very alarming. They show that¹:

- Each year, over one million people in the U.S. attempt suicide
- About 43,000 of them die
- Suicide is the 10th leading cause of death in the U.S.

Who's at risk?

Older adults have the highest risk for suicide.² When elders lose loved ones and face more health challenges, they can get depressed. Without help and social support, some see suicide as the only way out of their pain.

Teens and young adults are also at high risk. Suicide is the second leading cause of death for 10-24 year olds.³ But it's important to note that four out of five teens who try suicide show warning signs ahead of time.³

Watch for the signs

Signs of suicidal thoughts or plans can include³:

- Acting depressed, helpless or worthless
- Losing interest in things
- Behaving in unusual ways like taking more risks
- Giving away personal items
- Talking about suicide and/or death

What you can do

If you notice one or more of the signs above, always take it seriously. Try to get the person to call the National Suicide Prevention Lifeline at 1-800-273-Talk (8255) or 1-800-799-4889 (TTY). If there is imminent danger of self-harm, call 911.

Suicide has been called a "silent epidemic." But now that we're talking more openly, it doesn't have to be. By learning the warning signs, you can get help if you need it and urge others to do the same.

¹Suicide: 2016 Facts and Figures. American Foundation for Suicide Prevention. Accessed May 2017.

²In U.S., who is at highest risk for suicide? Population Reference Bureau. Accessed May 2017.

³Signs and concerns. The Parent Resource Program. The Jason Foundation. Accessed May 2017.

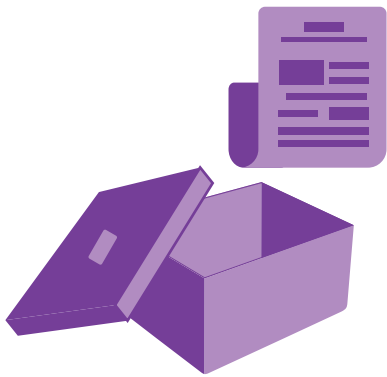
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Handy household hacks

Try these simple household tips to help you get organized and save time, too. ¹



Get rid of plastic container odor by stuffing in a page of newspaper overnight.

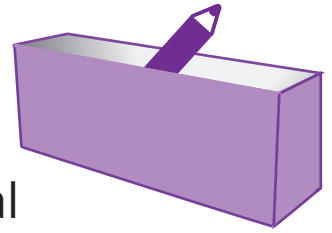
Use an empty cardboard bottle holder as a picnic caddy for utensils and seasonings.



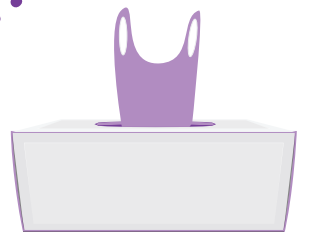
Put a few rubber bands around your glass of ice cold water to keep it from slipping out of your hands.



Cut off empty cereal box tops and bottoms and use as bins for pencils, rubber bands or twist ties in your drawers.



Use an empty tissue box as a dispenser for your plastic grocery bags.



Pack pairs of shoes in shower caps to keep them away from clean suitcase items.



¹ realsimple.com. Accessed August 2017.

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