

Working on Wellness

Monthly wellness from the
Department of Health | Healthy South Dakota Program

September 2022

September is Suicide Prevention Awareness Month

A time to raise AWARENESS! With Help comes Hope. Suicide is a preventable public health problem and one of the ways to prevent suicide is to talk about it. [South Dakota's Department of Social Services](#) provides a great deal of resources.



988 is now available nationwide as the new number to contact for mental health, substance use and suicide crises – a simple, easy-to-remember way for people to get help. This new number will allow people to quickly connect with support during a crisis, 24/7, no matter where they live.

SELF-CARE at WORK

Take a little time
throughout the day
to prioritize yourself.

Did You Know? On average, a person spends more than one-third of their day, 5 days a week, at work! [Download](#) the Self-Care at work infographic and share with your worksite!

EXERCISE Your Brain

- ✓ **Get Enough Sleep:** Aim for at least 7 hours of sleep per night.
- ✓ **Eat Smart:** Incorporate more leafy greens, fish (such as salmon or cod), berries, and walnuts, or foods contain brain-healthy nutrients. Try blending some leafy greens into your morning smoothie or have a handful of berries as your mid-morning snack.
- ✓ **Get Moving:** Regularly participating in cardiovascular exercise can reduce your risk of cognitive decline.
- ✓ **Challenge your Brain:** Rather than endlessly scrolling through social media, take some time each day to unplug and work on a puzzle or play a board game. Buy a mini crossword puzzle or Sudoku book to keep in your bag or at your worksite's breakroom.



Suicide Prevention Conference

The Department of Social Services in Partnership with the WorkWell Program hosted the Suicide Prevention Conference on August 11th and 12th with 300 guests in participation. WorkWell sponsored Beverly Beuermann-King who presented on [Depression and Burnout in the Workplace](#) and [Connecting the Gaps to Build and Strengthen Mental Health and Suicide Prevention Awareness](#).

We want to thank the panelists that participated in the breakout session and shared what they are doing to raise awareness and de-stigmatize mental health. Their examples of incorporating education on suicide prevention in the worksite was insightful!

Visit Beverly's [website](#) for more education and resources on mental health!



SEPTEMBER HEALTH OBSERVANCES

September offers a variety
of National Health
Observances.

Here are a few to check out!
[Suicide Prevention
Awareness](#)
[World Alzheimer's](#)