

# 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 11<sup>th</sup> and 12<sup>th</sup> 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](#)