



The
Solutions
Group

**Making Great Companies
Better Places to Work**

Work & Well-being

September 2018



SEPTEMBER *Health* Observances

[National Cholesterol
Education Month](#)

[Fruits & Veggies—More Matters](#)

[Ovarian Cancer
Awareness Month](#)

[Prostate Cancer Awareness](#)

[National Preparedness Month](#)

[National Recovery Month](#)

[Suicide Prevention
Awareness Month](#)

[National Suicide
Prevention Week](#)

Sept. 9-15

[World Suicide Prevention Day](#)
Sept. 10



More Matters

Getting a Day's Worth of Fruits & Vegetables

It's easy for most of us to get enough fruit in our diets. Add bananas, berries, or dried fruit to breakfast cereal, slice a juicy melon for dessert and crunch on an apple for a quick snack and you'll probably meet the daily nutritional guidelines of two cups. Getting enough vegetables can be a bit more challenging. Here are some easy ways to work the recommended 2½ cups into your daily consumption:

- Start the day with ½ cup of vegetable juice
- Enjoy a spinach salad or other main dish salad for lunch
- Add vegetables instead of meat to pasta dishes, pizzas, soups and stews
- Spoon salsa onto a baked potato
- Keep bags of pre-cut, pre-washed carrots, snap peas and cherry tomatoes on hand for quick snacking
- Make a vegetable stir-fry with small amounts of chicken, lean beef or fish
- Whip up some refreshing fruit and vegetable smoothies



Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce your risk for stroke, cardiovascular disease and protect against certain cancers such as mouth, stomach and colon-rectum cancer. Eating foods that are low in calories – like vegetables – instead of some other less nutritious higher calorie foods can also help lower your overall caloric intake. September is Fruits & Veggies – More Matters month. For more information, visit choosemyplate.gov.

Source: U.S. Department of Agriculture

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HEALTH FACT

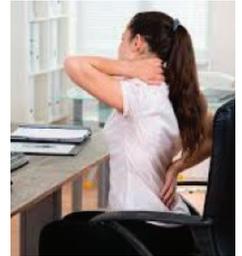
More than 90% of adults and children do not eat the recommended amount of fruits and vegetables. Remember to fill half your plate with fruits and veggies at every eating occasion. All forms of vegetables – fresh, frozen, canned, dried and 100% juice – count toward your daily intake!



Get Moving: 10 Tips to Reduce Your Sitting Time at Work

Global studies show that on average, we sit 7.7 hours a day; some results estimate people sit up to 15 hours a day. Standing, and even better, walking, increases your energy, burns more calories, tones muscles, improves your posture and increases blood flow.

Because sitting requires less energy than standing or moving, sitting for long periods of time can lead to conditions including obesity, high blood pressure, diabetes, excess body fat, high cholesterol levels and back pain. Like smoking, too much sitting can also increase the risk of death from cardiovascular disease and cancer. If your work is desk-based, experts recommend standing for a minimum of two hours a day; standing for four hours is optimal.



Try these tips to reduce your sitting time at work:

1. Set a timer for 30 minutes to remind yourself to take a break from sitting.
2. Stand or pace as you talk on the telephone.
3. Take the stairs.
4. Walk after you eat lunch.
5. Instead of parking as close as you can, choose a spot that's far away from the door.
6. Stand up and stretch when you're sitting at your computer a lot.
7. Instead of sitting around a conference table, schedule walking meetings with your co-workers. You'll burn calories and take in some fresh air at the same time.
8. If you work at a desk, try a standing desk or improvise by working at a high table or counter.
9. Get up to refill your water glass every hour.

Hold yourself accountable by using an activity tracker that reminds you to move when you've been sitting too long.

All these things can help stop the negative effects of uninterrupted sitting and keep you on the road to good health.

Suicide Prevention: Know the Signs

The Centers for Disease Control and Prevention reports that suicide rates have increased by 30% and in almost every state from 1999 to 2016. In 2016 alone, nearly 45,000 lives were lost to suicide. Like mental health conditions, suicidal thoughts can affect anyone regardless of age, gender or background.



Suicide is often the result of an untreated mental health condition. Suicidal thoughts should never be considered normal and often indicate more serious issues. The following behaviors can be an indication that someone is contemplating suicide:

- Threats or comments about killing themselves, which can begin with seemingly harmless thoughts like "I wish I wasn't here," but can become increasingly overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior
- Putting their affairs in order or giving away their possessions
- Saying goodbye to friends and family
- Mood shifts from despair to calm
- Planning to buy, steal or borrow the tools they need to complete suicide, such as a firearm or prescription medication

What You Can Do

Employers can

- Promote employee health and well-being, support employees at risk and have plans in place to respond to people show warning signs.
- Encourage employees to seek help and provide referrals to mental health, substance use disorder, legal, or financial counseling services as needed.

Everyone can

- Ask someone you are worried about if they are thinking about suicide.
- Keep them safe. Reduce access to lethal means for those at risk.
- Be there with them. Listen to what they need.
- Help them connect with ongoing support like the Lifeline: 1-800-273-8255.
- Follow up to see how they're doing.

Source: National Alliance on Mental Illness

If you or someone you know is in an emergency, call

[The National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org/) at 800-273-TALK (8255)
or call 911 immediately.

Words on Wellness

This month, Guest Blogger Raquel Garzon, PhD, shares her insights on "[Cultivating Your Force of Inner Resiliency](#)." Raquel is assistant professor at New Mexico State University president, founder of [Revitalize Project](#) and the keynote speaker at The Solutions Group Annual Wellness Event in September.

