



WELL-BEING & SAFETY NEWS

SEPTEMBER 2022

National Suicide Prevention Week—Sep 10, 2023—Sep 16, 2023

How to Check In On Your Mental Health: 5 Questions to Ask Yourself Every Day

How Am Feeling Today?

This one sounds obvious, but how often do you ask yourself how you are feeling — and then pause to genuinely consider your response?

Checking in on your mental health starts with assessing how you are feeling. Do you notice feeling stress, anxiety, worry, sadness, or other challenging emotions? Use a scale of 1 to 10, and take note of how you feel at the same time each day. You can do this physically in a notebook or journal, or you can simply keep a mental track of your numbers. If your number goes down, that’s a sure sign you need to pay attention to your mental health.

Some ways mental health concerns can show up physically include:

- **Stress:** Headaches, body pains, skin rashes, or worsening of chronic health problems
 - **Anxiety:** Headaches, stomachaches, muscle tension, or frequent urination
 - **Depression:** Appetite changes, weight loss or gain, loss of energy, and unexplained aches and pains
- Next, take a moment to think specifically about what’s been weighing on you recently. Is it work, family, friends, money?

What’s Been Worrying Me Lately?

Maybe it’s one, two, or even nine different things that are worrying you. Whatever it is, it’s important to notice how these potential triggers make you feel — and to do your best to address them.

If you don’t know what’s causing negative feelings, it will be tough to address them. Take the time to identify your stressors, and then you can work on managing them.

Am I Providing My Body With its Basic Needs?

Sometimes, we get so busy that we forget to focus on the basics — food, exercise, and sleep. These are simple but critical ways to

What Am I Doing to Bring Myself Joy?

ensure you’re staying healthy both mentally and physically.

Make sure you:

- Eat nutrient-rich meals full of fruits and veggies, and drink enough water .
- Get moving at least once a day, whether you take a brisk walk or do an online workout video.
- Sleep between 7 and 9 hours each night.

What Am I Doing to Bring Myself Joy?

With everything on your to-do list, it can be easy to push leisure activities down to the bottom. But taking time to be happy is so important to your mental health.

Ask yourself what you’re doing to bring yourself joy. If you can’t think of anything, that needs to change.

- Keep a gratitude journal and write three things you are grateful for each day.
- Sit outside in the sun for 15 minutes .
- Spend time with your dog, cat, or another loving pet.

Who Do I Have in My Corner?

• Having a strong support system is essential to your mental health. Ask yourself who you consider trustworthy and loving that you can turn to when you need it most.

- Gives good advice when you ask for it
- Is respectful and trustworthy
- Allows you space to make decisions, grow, and even make mistakes
- Actually listens to you



NEWSLETTER
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Name	Birthday
Sheri Norris	9/2
Miguel Garay	9/4
Fernando Vazquez	9/6
Charlene Komin	9/8
Lia O'Neale	9/13
Rebecca Venegas	9/13
Patricia Perez	9/15
Mercedes Vasquez	9/15
Joseph Granish	9/17
Kenneth Gunderson	9/19
Nereida Hernandez	9/19
Vincent Kezman	9/19
Candido Gonzales Hernandez	9/20
Marie-Chantal Henneman	9/20
Rebeca Bermudez	9/22
Jesse Roa	9/25
Irene Coyco	9/27
Geovany Rodas	9/27
Alejandro Bermudez	9/28
Nicholas Halic	9/30

SEPTEMBER NEW HIRES

Name	Position
Matthew Medina Kane	SPED Paraprofessional
Travis Wittman	English Teacher
Rosa Ramirez	Program Office Asst.



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Happy Anniversary

Name	Years of Service
Nadine Diaz	14
Sheri Norris	14
Ryan Walker	13
Michael Serrano	13
Leanne Bennett-Riley	12
Sabina Szymanski	12
Marie-Chantal Henneman	11
Nicholas Halic	11
Dan Horwitz	10
Stephen Hughes	10
Wesley Vaughan	9
Alex Tomeh	9
Christopher Castillo	8
Veronica Perez	7
Rosalina Gonzalez Mejia	7
Randall Wydra	6
Donavan Wiley	6
Jessica Hernandez	2
Grecia Flores	2
Horacio Rodriguez	1
Luis Zapata Ortiz	1
Prinsesa Alvarez	1
Nandini Bapat	1