

You've got what it takes

Stay the course

October 10th is World Mental Health Day.
Take the pledge to support mental health awareness.

October 2017 Newsletter

**One secret behind
genius**

Monthly Awareness:
**Recovering from
infant loss**

Infographic:
Halloween safety

Let's Talk video:
Unplug to recharge



Staying power is the ability to keep on trying even when things get hard and you feel worn down. **Learn more about sticking to your goals.**

When an infant dies, all the joyous hopes of becoming a parent end in heartache. **Find some simple ways to help those grieving.**

What's your biggest fear? Ghosts, goblins and zombies? Or accidents, tainted candy and lost kids? **Keep these Halloween safety tips in mind this season.**

So much is based off of technology these days - it can be overwhelming. **Watch the unplug to recharge 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!

Resources *for* Living®

One secret behind genius



There was recently a TV series called “Genius.” It was the story of Albert Einstein, who made amazing discoveries and drastically changed how we understand our world.

How did he do it? To quote Einstein himself: “It’s not that I’m so smart. It’s just that I stay with problems longer.”¹

What is “staying power”?

Staying power is the ability to keep on trying even when things get hard and you feel worn down. It’s about mental stamina, endurance and grit. And it’s a key to success in your personal life and career.

Build your staying power

Whether you use it in your relationships, jobs or everyday projects, staying power is critical. Here are some tips for improving it:

- **Stay relevant.** Life is always changing, so you need to keep learning to be up to date. If you stuck to your horse and buggy while others drove around in electric cars, you’d get pushed off the road. Keep yourself current, open-minded and adaptable to survive and thrive.

¹[Albert Einstein Quotes](#). Brainy Quote, Accessed June 2017.

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- **Look beyond “now.”** There are peaks and valleys in all our lives. When you’re at a low point, look beyond the moment to get yourself unstuck. See setbacks and problems as temporary obstacles you can overcome.
- **Keep your passion alive.** Choose goals and relationships that hold meaning and purpose. And once you commit, always remember why. Chances are the reasons are still valid even when the going gets tough.

Stay the course

Mental stamina requires a “can do” attitude. And some stubbornness doesn’t hurt either! As long as your goals remain important to you, use your staying power to keep on track.

Recovering from infant loss



In 1988, President Reagan set aside one day each year to recognize infant loss. At that time he said: “When a child loses his parent, they are called an orphan. When a spouse loses his or her partner, they are called a widow or widower. When parents lose their child, there isn’t a word to describe them.”¹

Such is the “no man’s land” for those who lose a baby through miscarriage, stillbirth, birth defects, SIDS or other tragic baby deaths.

From joy to grief

Almost 25% of pregnancies ends in loss.² When an infant dies, all the joyous hopes of becoming a parent end in heartache. The loss can also impact grandparents, siblings and others close to the family.

In fact, it can be hard for loved ones to know how to help. They may feel unsure of the right things to do or say.

Tips for helping

If you’re a parent who has lost a baby, you know there are no words that can make up for your loss. Time and support help you heal.

For those close to someone who has suffered infant loss, here are some ways you can be helpful²:

- 1. Understand that the loss of a baby — no matter how old — is devastating.** There’s a myth that the younger the baby, the less the grief. That’s simply not true.
- 2. If the baby was named, use his or her name when talking to the parents.** Some people think that avoiding names will make the grief easier. But the baby was a person. Using the name affirms his or her reality.
- 3. Don’t put limits on someone’s grief.** No one can tell someone else how long to grieve. Asking why someone is “still so sad” just adds insult to injury. Respect everyone’s individual needs.
- 4. Don’t worry about what to say or do — just be there.** Sometimes there isn’t anything you can say or do. It can be supportive to just be with a griever, even if you’re sitting in silence.

For more information about how to help yourself or someone else who has experienced pregnancy and infant loss, visit: nationalshare.org, october15.com and other infant loss support sites.

¹[Remembering our babies](#). Accessed June 2017.

²[Share pregnancy and infant loss support](#). Accessed June 2017.

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HALLOWEEN Safety

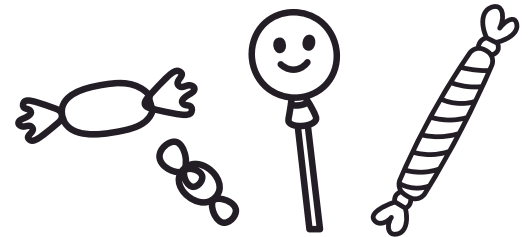


What's your biggest fear? Ghosts, goblins and zombies? Or accidents, tainted candy and lost kids? Here are some tips to keep kids safe on the scariest night of the year.

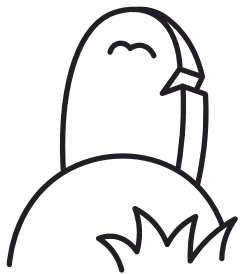
Put kids in bright colors or reflective tape



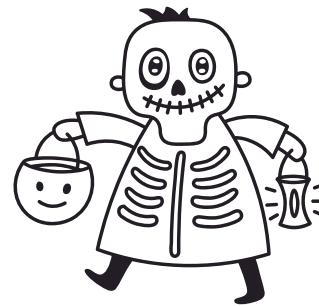
Choose face paint over masks



Eat only factory wrapped candy



Avoid shortcuts through yards, fields or alleys



Accompany kids under 12

Give older children rules, a route and a curfew



Drive carefully and slow down when kids are near



Don't let children enter people's homes