

Make it happen

Bounce back



September 2019 Newsletter

Featured Article:
The glory of the comeback

Monthly Awareness:
Suicide: Myths and facts

e-Health video:
Making and breaking habits

Let's Talk video:
Relationship exercise



This ability to bounce back is called resilience. **Here are some ways everyone can become more resilient....**

There are many misunderstandings around suicide. **See if you can tell the myths from the facts...**

You make thousands of little decisions each day. But imagine if you had to weigh the pros and cons of each and every decision. **Learn how to hack your habits...**

Wondering about the temperature of your relationship? **Try this quick exercise to get some insight...**

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!

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The glory of the comeback



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Did you know?¹

- Walt Disney went bankrupt after his first try at a TV cartoon show. He stuck to his dreams and — with just \$40 to his name — started what would become the Disney empire.
- Thomas Edison failed thousands of times before he finally invented the first working light bulb.
- JK Rowling had to submit the first Harry Potter manuscript to thirteen major publishing companies before one finally “took a chance” on it. (Smart decision!)

What’s the takeaway?

Life is full of stories of people who faced obstacles and setbacks — and went on to succeed.

This ability to bounce back is called resilience. Being resilient can help you cope when things go wrong. It can give you emotional strength to keep trying even after disappointment and loss.

Tips for building resilience

Everyone can become more resilient. Here are some tips:

1. Give yourself kudos rather than put-downs.
2. Instead of dreading change, look for ways to grow during transitions.
3. Set goals that are exciting and motivating to you.
4. Act instead of dwelling on “what ifs.”
5. Keep positive people in your life and provide mutual support to each other.

You can build resilience through your attitudes and actions. And it can make all the difference.

¹Borkar, Neha. [11 Inspiring Stories of People Who Bounced Back After Failing](#). Accessed August 2019.

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Suicide: Myths and facts



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There are many misunderstandings around suicide. In the statements below, see if you can tell the myths from the facts.

1. People who try to kill themselves often feel hopeless. Myth or fact?	Fact. Most people who attempt suicide are in great pain from depression, grief and/or feelings of complete hopelessness.
2. Anyone who talks openly about suicide isn't serious about it. Myth or fact?	Myth. Many people who are suicidal give warning signs. Never ignore someone who talks — or even “jokes” — about dying or not wanting to be alive anymore. ¹
3. People who take their own lives often seek help first. Myth or fact?	Fact. Over 50 percent of people who take their own lives have tried to get help in the six months prior to their deaths. ¹
4. Teens are more likely than older adults to attempt suicide. Myth or fact?	Myth. Teenagers are at great risk, but older adults are the most likely age group to take their own lives. ²
5. You shouldn't be afraid to ask someone who's depressed if they're thinking of killing themselves. You're not going to give them the idea if they aren't already considering it. Myth or fact?	Fact. Many people hesitate to talk about suicide. But one of the best things you can do — for someone you know is depressed — is ask if he or she is thinking of suicide. This can get emotions out in the open and, perhaps, provide a chance for help before it's too late. ¹

If you or someone you know is thinking about suicide, you can get help 24/7 by calling the National Suicide hotline at **1-800-273-8255**.

¹Suicide prevention: How to Help Someone who is Suicidal and Save a Life. Helpguide.org. Accessed August 2019.

²Older adults at greatest risk for suicide. Forbes.com. Accessed August 2019.

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