

# WEALTH IN WELLNESS










## SEPTEMBER WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



### HAVE YOU HAD YOUR FRUITS AND VEGGIES TODAY?

Eating fruits and vegetables is essential for maintaining good health and well-being. September is Fruits and Veggies Month! There is no better time to highlight these natural sources of vitamins, minerals, and fiber that offer numerous benefits contributing to a healthy lifestyle.

-  Rich in antioxidants, which help protect the body against harmful free radicals
-  Supports the immune system
-  Promotes a healthy digestive system
-  Promotes overall vitality
-  High water content helps keep the body hydrated and aids in maintaining healthy skin
-  Ideal for weight management
-  Enhances brain function
-  Low in calories, high in fiber
-  Reduces risk of chronic diseases such as heart disease, cancer, and diabetes

Regular consumption of fruits and vegetables has been linked to improved mood, increased energy levels, and reduced risk of depression and anxiety. Including a variety of colorful produce in your diet ensures a diverse range of nutrients, promoting optimal health. Incorporating these wholesome foods into your daily diet is a simple and effective way to take care of your body and lead a healthier, happier life.

### REDUCE YOUR CARBON FOOTPRINT BY REDUCING FOOD WASTE

A 2022 waste characterization study, conducted by the WI Department of Natural Resources, estimates that 1.7 billion pounds of edible food was wasted between 2020-2021. The benefits of reduced food waste include cost savings, reduced methane emissions and carbon footprint, and improved community support to those who experience food insecurities. Help prevent food waste at home with these four easy tips:



Plan your meals based on what you already have on hand, prioritizing perishable foods.



Get creative with leftovers instead of throwing them out.



Avoid clutter in the fridge, freezer, and pantry.



Be mindful of expiration and sell-by dates.

## BE AWARE, SAVE A LIFE

September is National Suicide Prevention Month. Recognizing suicide warning signs is crucial in order to intervene and provide the necessary support to individuals who may be at risk. While it is important to note that not everyone who exhibits these signs will attempt suicide, being aware of them can help save lives.

Recognizing these warning signs is just the first step. If you identify any of these signs in someone you know, it is crucial to reach out to them and offer support. Encourage them to seek professional help, such as a therapist or counselor, and let them know that they are not alone. Remember, early intervention and open communication can make a significant difference in preventing suicide and helping individuals find the support they need.

## SUICIDE WARNING SIGNS

**TALK**

- Being a burden to others
- Experiencing unbearable pain
- Killing themselves
- Having no reason to live
- Feeling trapped

**BEHAVIOR**

- Increased use of alcohol or drugs
- Acting recklessly
- Withdrawing from activities
- Looking for a way to kill themselves, such as searching online for materials or means
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression

**MOOD**

- Loss of interest
- Depression
- Irritability
- Rage
- Anxiety
- Humiliation

AMERICAN FOUNDATION FOR Suicide Prevention



If you or someone you know is struggling or in crisis, help is available. Call 988 or chat live at 988lifeline.org. The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

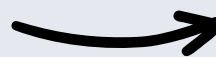
## WHAT'S HAPPENING THIS MONTH?

### VIRTUAL LEARNING TABLE

Attend our monthly virtual "Learning Table" sessions to learn more about improving your health and well-being:

- **September:** Fruits, Veggies, and Overall Nutrition with April Anderson from Monroe County UW-Madison Division of Extension and Nutrition Coalition

Thursday September 14th at 8:15am or  
Thursday September 28th at 3:30pm



- **October:** Suicide Prevention Awareness with Charles Weaver from the Monroe County Veterans Services and Suicide Prevention Taskforce

Thursday October 12th at 8:15am or  
Thursday October 26th at 3:30pm



**Join our Zoom Meeting:**

<https://bit.ly/3Hr1Ztn>  
Meeting ID: 872 7191 0533  
Passcode: 690755



Find our 2023 wellness resources at:

<https://www.co.monroe.wi.us/departments/personnel>