

A monthly wellness newsletter from Better You

Shining a light on suicide prevention: awareness and support

September is Suicide Prevention Month, a crucial time to raise awareness and spark conversations about this critical issue. Talking about suicide can be tough, but it's a conversation that could save a life. By understanding the warning signs and knowing how to help, you can provide a safe space for someone struggling to open up.

Suicide is rarely the result of a single circumstance or event. According to the Centers for Disease Control and Prevention (CDC), there were over 49,000 deaths by suicide in the United States in 2023, which equals to one death every 11 minutes.¹ Suicide is the 8th leading cause of death for people aged 35-64 and the 2nd leading cause of death for those aged 10-24.²

Recognizing the warning signs is crucial in preventing suicide. These signs can vary across age groups, but common indicators include increased alcohol or drug use, aggressive behavior, withdrawal from friends and family, dramatic mood swings, impulsive

or reckless behavior, giving away possessions, tying up loose ends (like organizing personal papers or paying off debt), and saying goodbye to friends and family. In children, warning signs may manifest as changes in their baseline behavior, changes at school, preoccupation with death, feelings of hopelessness, significant changes in mood, or giving away possessions.

Everyone can help prevent suicide by learning the warning signs of suicide and how to get help.

- **Ask** if they are thinking of hurting themselves.
- **Keep them safe.** Remove anything that could be used in a suicide attempt, such as weapons, medications, or more.
- **Be there for them.** Show support and be present. Listen without judgement. Don't make promises you can't keep.
- **Help them connect.** You can call or text 988 for the Suicide and Crisis Lifeline, or chat at 988lifeline.org.
- **If the situation is severe,** call 911.



- **Follow up.** Let them know you care and are thinking about them.

We invite you to join us for a webinar on suicide prevention, where we'll delve deeper into the topic and discuss ways to support those struggling, on September 18 at 1:00 p.m. ET. This webinar will provide a safe space for questions and conversations. [Register now](#) and be part of the conversation that can help save lives. Together, we can help reduce the stigma surrounding mental health and provide support to those who need it most.

Resources: ¹ CDC [Suicide Data and Statistics](#); ² CDC [Health Disparities in Suicide](#); [Lucet](#); [Blue Answers](#)

Unlock the secrets to a longer, healthier life

Imagine living in a place where people live to be 100 years old, and they're still going strong. There are five special places around the world called "blue zones", where people live longer, healthier, and happier lives. Researchers have discovered people in these regions share nine common habits that contribute to their amazing health and happiness.

- 1. Move naturally:** No need for a gym. Move throughout the day with activities like walking, biking, or gardening.
- 2. Find your purpose:** Have a reason to get out of bed in the morning, whether it's a job, hobby, or passion project.
- 3. Chill out:** Relax and unwind with activities like meditation, yoga, or naps.
- 4. Follow the 80% rule:** Avoid overeating by stopping when you're 80% full.
- 5. Eat plants:** Add beans to your diet and have meat sparingly. Choose a diet rich in fruits, veggies, and whole grains.
- 6. Wine at 5:** Have a glass of wine at dinner with food and friends.
- 7. Belong:** Join a faith-based community and attend services.
- 8. Loved ones first:** Prioritize time with loved ones and build strong relationships.
- 9. Right tribe:** Spend time with people who uplift and support



you. Find a social circle that supports healthy behaviors.

By incorporating these habits into your daily life, you may increase your chances of living a vital, healthy, longer life. Which one will you try today? To learn more, [click here](#) to register for our webinar: Blue Zones: Live Better, Longer on September 9 at 1:00 p.m. ET.

Resource: [BlueZones.com](https://www.bluezones.com)

Hummus Chicken (Serves 4)

Ingredients:

- $\frac{2}{3}$ cup prepared hummus
- 1 teaspoon ground cumin
- 1 teaspoon lemon zest (from 1 lemon)
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground pepper
- 4 (6 ounce) boneless, skinless chicken breasts
- $\frac{1}{4}$ cup toasted sesame seeds
- 2 tablespoons chopped fresh parsley
- Lemon wedges for serving

Directions:

Preheat oven to 400 degrees F. Line a rimmed baking sheet with foil.

Whisk hummus, cumin, lemon zest, paprika, salt and pepper in a small bowl. Spread the mixture evenly on both sides of chicken breasts. Sprinkle both sides with sesame seeds, pressing gently to adhere. Place on the prepared pan.

Roast the chicken until an instant-read thermometer inserted in the



thickest part registers 160 degrees F, about 20 minutes. Let stand for 5 minutes (the temperature will increase to 165 degrees F). Sprinkle with parsley and serve with lemon wedges.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1- 800-352-2583 (TTY: 1-800-955-8770).

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