

September
2019

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



Summer Incentive Campaign Winners

Andrew Sturdivant (Public Works)
Scott Roose (Tacoma Public Utilities)
Ruby Zimmerman (Tacoma Venues & Events)
Ryan Fuson (Environmental Services)
Tami Croft (Municipal Court)

Journey Recommendations:

10 Minutes a Day to Stress Less

(2 stages): Feeling stressed? Overwhelmed? It doesn't take much time to shrink your stress level, but it does take consistency. Invest 10 minutes a day in yourself, so you can be more clearheaded and energetic all day. **Can be completed in 1-2 weeks.**

Plan Your Day for Sleep (2 stages): Picture this: You, well-rested. This smorgasbord of daytime practice will help your mind, body and bedroom prepare for a gentle slide into nighttime slumber. **Can be completed in 1-2 weeks.**

Smart Snacking (3 stages): Good news: Smart snacking keeps you fueled while you work toward a healthy weight. So don't deny yourself. Practice finding the leanest, meanest snacks. Learn how to survive tough snacking situations. Power up your usual snacking routine. **Can be completed in 1-2 weeks.**

Use What You Have (2 stages): You don't need special equipment or a pricey gym membership to get in shape. Learn how to use everyday items around your home — and office — to sneak in a full workout. The payoff: more money in your pocket, less clutter in your home, and a stronger, fitter body to boot. **Can be completed in 1 week.**



Time is Running Out

2020 Wellness Incentive Deadline is Sept. 30, 2019

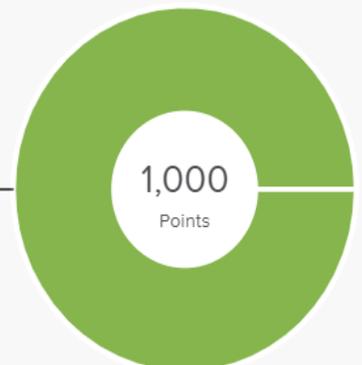
You need to earn 1,000 points by Sept. 30, 2019 in order to qualify for the [2020 Wellness Incentive](#), a monthly credit towards your health insurance premium contribution that can save you up to \$480 in 2020.

Your Rewards Wheel should be all **GREEN**. To check your Rewards Wheel, log in to RedBrick and select "Rewards" on the top left of the homepage.

By selecting "Completed Activities" you can see what activities you have completed so far this incentive period (Oct. 1, 2018 — Sept. 30, 2019).

You can also verify whether or not you have met the incentive requirements by calling RedBrick Customer Service at (877) 278-5241. Due to privacy reasons, your Wellness Coordinator is unable to access this information for you.

1,000
Points
EARNED



Did You Know? There is now an informative [Frequently Asked Questions \(FAQs\) page](#) available at wellness.cityoftacoma.org! You can find helpful videos and answers for all Tacoma Employee Wellness Program components.



NATIONAL SUICIDE

prevention month
• september •

Every day, according to the Centers for Disease Control and Prevention (CDC), 129 people take their own lives for an annual total of more than 47,000. Suicide is the second leading cause of death for Americans between the ages of 15 and 34, and middle-aged white men die by suicide at the highest rate. Veterans are also vulnerable, and die 1.5 times more often than non-veterans by way of suicide. Men were 3.5 times more likely to die in a suicide attempt than women, though women attempted at a rate of 1.4 times more than men.

The causes of suicide are complex, but the common denominator is mental illness. It is estimated that 90 percent of those who died by suicide had a diagnosable mental health condition, and nearly 75 percent told someone first. Given this, it is crucial that we begin to have open empathetic conversations in order to guide someone suffering to mental health treatment and prevent suicide.

Suicidal people are not “just looking for attention”, but are in genuine distress. Medical issues like chronic pain, serious and terminal illnesses, and traumatic brain injury can contribute to feelings of helplessness and hopelessness, as can stress, relationship and family crises, and financial hardship. And, for those already experiencing depression or another mental health condition, someone else’s suicide can trigger a belief that this could be a viable way to end their own pain.

Warning Signs

- An increase in substance (alcohol or drug) use, misuse or abuse
- Feelings of guilt, hurt, shame and despair
- Statements of not wanting to live
- Thoughts of dying or threatening to kill oneself
- Feelings of hopelessness
- Withdrawal from friends and increased social isolation
- Dramatic changes in mood
- Sudden improvement in mood can result if someone has decided to commit suicide
- Giving away prized possessions, pets, family heirlooms, cars etc.

How to Help Someone at Risk

People with suicidal behaviors often indirectly reach out for help. Listen for their subtle cues and extend an empathetic invitation for the person to express and process the thoughts and feelings that are causing the distress.

Be direct: Ask the person, “Are you okay?”, “Are you thinking about killing yourself?”, “How long have you been thinking about suicide?”

Ask if the person has a plan: If so, get specific details about the plan.

Actively listen: Listen carefully to find out what the person is thinking and feeling. Acknowledge and empathize as you hear the person’s painful experiences.

Encourage him/her to seek help as soon as possible: If the person is seeing a mental health professional, recommend that he/she contact him/her immediately. If not, provide the 24/7 phone number for the National Suicide Prevention Line: (800) 273-TALK (8255). You can also ask them to text “HEAL” to the National Crisis Text Line at 741741 for a text response from a live counselor.

How to Help Yourself

All of us have experienced difficult situations and emotionally challenging times in our lives and suicidal thoughts are not uncommon. If you find yourself in this situation:

Get professional help: Call the National Suicide Prevention Line at (800) 273-TALK (8255), or text the National Crisis Text Line at 741741. For those with First Choice Health Employee Assistance Program (EAP), you can call the EAP 24/7 for phone support and a counseling referral, as well as other resources, at (800) 777-4114. You can also speak with your primary care provider for help.

Connect with other people: Avoid being alone. Solitude can increase feelings of despair and make suicidal thoughts worse. Reach out to a professional, a family member, or friend you trust.

Avoid alcohol and drugs: These substances increase feelings of depression and anxiety and remove inhibitions that can make you act impulsively.

Create a safety plan: It’s helpful to have an accessible plan with written steps for how to keep yourself safe. Remind yourself of activities that calm and comfort you, and include contact numbers for your therapist, doctor, family, friends, and other supportive resources.

People who consider suicide are overwhelmed with feelings of hopelessness, despair and helplessness regarding their current life circumstances. By listening to one another with empathy, and being vigilant about the warning signs for suicidal behaviors, you can help someone in need.

For more information on suicidal behaviors, interventions, and prevention visit our [EAP website](#) (username: cityoftacoma) or call (800) 777-4114. They are here for you 24/7.

References

afsp.org/about-suicide/suicide-statistics