

SEPTEMBER IS SUICIDE PREVENTION MONTH!

September is an important time when we can all give a push to grow the voice of suicide prevention, raise awareness of the crisis of suicide and the challenges of those families left behind.

THE POWER OF YOU

You can make a difference!
Everyone has a role-small or large, all efforts impact the crisis of suicide!

CHALLENGE 22

22 is the number of Veterans who die by suicide each day. Suicide is a leading cause of death for all ages in the United States. Suicide is a major contributor to premature mortality. It is ranked as the second leading cause of death for ages 10-34 and fourth leading cause for ages 35-54.

The MWR Fitness Center and Family Advocacy Program are asking for your help!

Challenge Participants Receive Suicide Prevention Give-aways

WHAT CAN YOU DO?

1 DAY CHALLENGE: September 22nd do one activity for 22 minutes.

22 DAY CHALLENGE: Anytime during the month of September do 22 minutes of activity for 22 days.

WHICHEVER CHALLENGE YOU CHOOSE FOR YOURSELF DO THE FOLLOWING: This is the most important part of Challenge 22.

In doing this challenge we are asking each participant to reach out to at least one person you know that may be struggling. Send them a text, call them, invite them to lunch, or encourage them to participate in **Challenge 22** with you.

In the United States, 1 in 5 adults experiences a mental health condition each year; this can be a risk factor for suicide. Depression & anxiety symptoms often improve with exercise.

PARTICIPATION CHALLENGE IDEAS

MEDITATION OR DIAPHRAGMATIC BREATHING

Meditate or Deep Breathing for 2 minutes 22 seconds on September 22nd.

Meditate or Deep Breathing for 2 minutes 22 seconds for 22 days in September.

WALK-RUN-BIKE 22 MINUTES (YOUR CHOICE)

Walk-Run-Bike for 22 minutes on September 22nd.

Walk-Run-Bike for 22 miles or 22 days in September.

22 PUSHUPS

22 pushups on September 22nd.

22 pushups for 22 days in September.

PLANK CHALLENGE:

Plank for 2 minutes 22 seconds on September 22nd.

Plank for 2 minutes 22 seconds for 22 days in September.

STAIRS CHALLENGE:

22 flights of stairs on September 22nd.

22 flights of stairs for 22 days in September.



Contact Martha Kerns-Fitness Center Manager at martha.kerns@dla.mil to register and when you have completed **Challenge 22**.



HELP IS AVAILABLE

THERE IS HOPE!!!

Lisa Grenon, LMSW Family Program Manager, 269-961-4051



1 DAY OF 22



CHALLENGE 22



MWR
Service is our business.