



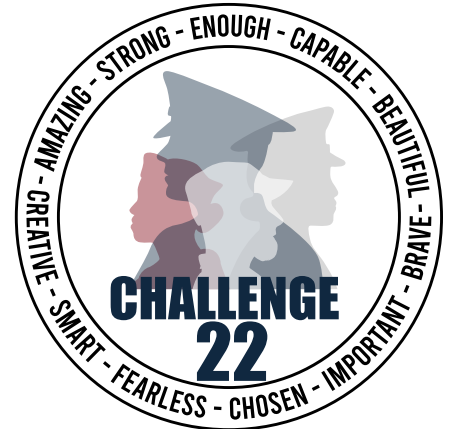
CHALLENGE 22

Preventing Suicide, Providing Hope

September is Suicide Prevention month. It really needs to be every month.

22 Veterans a day are losing a battle on American soil. The enemy? Suicide.

Twenty-two per day, that is almost one Veteran every hour that is taking their own lives.



We can all do our part by providing hope and help. Letting the person know you care, and just listen to them. Find help by calling 988.

Join MWR Fitness Center & Family Programs for Challenge 22 in September. All you need to do is a physical or mental health activity and log it on the calendar (see back). Turn your activity log in at the Fitness Center and receive a camo cinch pack, with sweat towel, and bands.

PHYSICAL OR MENTAL CHALLENGE

Do an activity for 22 minutes or 22 reps for 22 days.

A list of options is provided, or you can make your own; you can do one type of exercise or combine them for the month:

PHYSICAL

- Cardio: Run, Walk, Bike
- Hike
- Planks
- Squats
- Strength Training
- Take the stairs, Walk the dog

MENTAL

- Deep Breathing
- Gratitude Journal
- Meditation/Mindfulness
- Relax in nature/water
- Sleep - 6 to 8 hours
- Yoga

For more information about Challenge 22, contact Guy Picketts (269) 961-5350 or guypicketts@dla.mil



If you or someone you know is in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273-8255 or 988.

If you need assistance or resources please contact Lisa Grenon, LMSW at: (269) 961-4051 or lisa.grenon@dla.mil



SEPTEMBER 2023

Activity log for you to track your success!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	