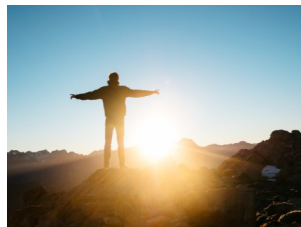




BHS A.S.S.I.S.T. *Spotlight*

September 2017

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



National Suicide Prevention Week

[Click to Read Article](#) ▶



Fostering Healthy Relationships

[Click to Read Article](#) ▶



A Parents' Guide to Bullying

[Click to Read Article](#) ▶



Healthy Recipe: Dry-Roasted Chickpeas

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National Suicide Prevention Week

September 10-16, 2017 is National Suicide Prevention Week, a time devoted to awareness of the signs and symptoms, as well as the promotion of resources for anyone experiencing suicidal feelings.

Suicide is the 10th leading cause of death in the U.S. for all ages, according to the CDC. Approximately 105 Americans die by suicide every day, which equates to one death by suicide every 13 minutes in the United States. Make yourself aware of the signs and symptoms of suicide and the resources available should you or someone you know need them. Being informed saves lives.

Some of the most common signs and symptoms of suicide include:

- ▶ Not wanting to participate in family or social activities
- ▶ Feelings of hopelessness or worthlessness, depressed mood, poor self-esteem or guilt
- ▶ Changes in sleeping and eating patterns, i.e., too much or too little
- ▶ Feelings of anger, rage or need for revenge

- ▶ Feeling exhausted most of the time
- ▶ Trouble with concentration, problems academically or socially
- ▶ Feelings of irritability
- ▶ Regular and frequent crying
- ▶ Not taking care of oneself
- ▶ Reckless, impulsive behaviors
- ▶ Frequent physical symptoms such as headaches or stomach aches

Anytime someone talks about suicide or about wanting to die or disappear, even in a joking manner, the conversation should be taken seriously. Don't be afraid to talk to someone you think may be considering suicide. If they are considering suicide, you may be able to help prevent it.

Most people who feel suicidal demonstrate warning signs. Recognizing some of these signs is the first step in helping yourself or someone you care about. If you need help, call your BHS Care Coordinator at 800-245-1150 to discuss your benefits and seek help.



Fostering Healthy Relationships

In any type of relationship, there are some key elements to maintaining a healthy and beneficial relationship for both parties involved. Whether you're dealing with a colleague, friend, partner or family member, there are consistent relational characteristics across the board that can be channeled into any type of relationship you have with another person. These traits foster healthier relationships — one of the most important qualities for feeling fulfilled in life.

Respect

Treating others with respect is a pivotal trait for a functional relationship. Respect shows that you feel admiration and regard for another person, and your treatment of them expresses that you believe they have dignity and are worthy of your regard. Respect is shown by tone of voice, body language and communication. Both parties in a relationship want to feel respected. Without respect, self-esteem will suffer, as will the relationship. A very good way to show your respect to another person is to listen intently when they are speaking to you.

Honesty and Trust

Honesty is sincerely promoting facts and truthfulness to another person, which influences the balance of trust in a relationship. Honesty and trust go hand in hand, and being honest with another person is an additional form of respect. Honesty is acting with integrity, making your actions and your words function in unity.

Honesty comes from a place of vulnerability, so statements like “you're really rude when you interrupt me” is not as productive as, “I feel like you aren't listening to me when you interrupt,” which is less of an attack and more expressive of how you feel when you're being interrupted.

Communication

Communication is where respect and honesty can both be applied. It is pertinent to have clear, open lines of communication in relationships. This paves the way for productive relationships that are healthy and beneficial for all involved.



A Parents' Guide to Bullying

Bullying has always been prevalent in society, but with the advent of social media, it has an even larger presence today than ever in history. Kids face struggles daily from their peers, both in person and online. Knowing what to look for and the questions to ask as a parent are important.

Your child may be ashamed of being bullied and often times may not actively reach out to you. If you notice your child's behavior changing and self-esteem declining, try talking with them about bullying. Some common symptoms include:

- Feelings of helplessness or decreased self-esteem
- Not wanting to go to school, worsening grades, loss of interest
- Higher levels of anxiety
- Physical health problems such as stomachaches and headaches

How can you help your child if they are being bullied? The following are a few suggestions:

- **Encourage your child to share his or her concerns.** Remain calm, listen in a loving manner and support your child's feelings.

Remind your child that he or she is not to blame for being bullied.

- **Learn about the situation.** Ask your child to describe how and when the bullying occurs and who is involved.
- **Talk to your child about technology.** Make sure you know how your child is using the internet, social media platforms, or his or her phone to interact with others.
- **Boost your child's self-confidence.** Encourage your child to build friendships and get involved in activities that emphasize his or her strengths and talents.

HEALTHY RECIPE: DRY-ROASTED CHICKPEAS

15 oz can garbanzo beans, drained and rinsed;
2 teaspoons olive oil; 1/4 teaspoon salt; ground
black pepper to taste.

Preheat oven to 425 degrees. Spread garbanzo
beans in a baking dish and pat dry with a paper
towel. Bake, stirring halfway through, about 22
mins. Toss with olive oil, salt and pepper in a
large bowl. Continue baking until golden and
dry on the outside.