



NOVEMBER 2019



World Kindness Day – November 13th

On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organizations.

Source: <https://www.awarenessdays.com/awareness-days-calendar/world-kindness-day-2019>

Feel better by being kind! Helping others can give you a happy feeling and that can help improve your overall well-being!



- Hold the door for someone
- Give an honest compliment
- Say "Thank you!"
- Lend a hand to someone who looks like they are struggling
- Donate food, clothes or other needful items
- Give books or movies to someone
- Help an elderly neighbor
- Compliment a stranger
- Send a text to someone going through a hard time
- Ask someone how they are doing and genuinely listen to their response

Great American Smokeout – November 21st

According to the American Cancer Society, more than 34 million Americans still smoke and **smoking remains the single largest preventable cause of death**. The Great American Smokeout, promoted by the American Cancer Society, encourages smokers to either quit smoking on that day, or commit to a plan to quit smoking.

If you are a smoker, please consider trying to quit smoking on this day. You can take an important step toward a healthier life and reducing your cancer risk. The American Cancer Society reports that quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90%.

Stopping smoking is hard, but your chance of success increases with help. The American Cancer Society recommends that to double or even triple your chances of quitting successfully, include counseling and medications to help you.

For help with resources, programs and available stop smoking tools, *call the American Cancer Society at 1-800-227-2345*.

International Survivors of Suicide Day - November 23rd

This day was designated by the United States Congress as a day when the friends and family of those who have died by suicide can join together for healing and support. If you have experienced the tragedy of losing someone to suicide, this day may help you find comfort, help, understanding and support from others.

Go to www.afsp.org to find a Survivors of Suicide Loss event or support group.

The loss of a loved one by suicide is often shocking, painful and unexpected. The grief that follows is intense, complex and long-term. The process of recovering from that grief is extremely individual and unique. We have professional counselors available to help if you are experiencing the grief and loss of a friend or loved one to suicide.

If there is a problem or issue in your life that you would like to talk to a counselor confidentially about, call:

StressCare Behavioral Health, Inc.
Employee Assistance Program

419-531-3500

We offer evening appointments.

