

September 2025

Wellness NEWSLETTER

HEALTH OBSERVANCE

Healthy Aging Month Tips for a Vibrant Life

Blair Quigg – Wellworks For You

Aging is a natural part of life, but how we age can make all the difference in our wellbeing and independence. The good news is that healthy habits can help you thrive as you grow older.

Stay Active

Regular physical activity keeps your body strong and your mind sharp. The Centers for Disease Control and Prevention (CDC) recommends at least 150 minutes of moderate-intensity aerobic activity each week, such as brisk walking or cycling. Exercise can help maintain mobility, balance, and mental health.

Eat for Wellness

A balanced diet is crucial for maintaining a healthy weight and preventing chronic diseases. The National Institute on Aging (NIA) suggests a diet rich in fruits, vegetables, whole grains, lean protein, and low-fat dairy. Stay hydrated and limit processed foods and added sugars.

Connect with Others

Social connections are linked to better mental health and reduced risk of dementia. Consider joining a local club, volunteering, or attending community events to foster friendships and stay engaged.

Resources to Help You

- CDC Healthy Aging Resources: [CDC Healthy Aging](https://www.cdc.gov/healthyaging/)
- NIA Healthy Eating Tips: [National Institute on Aging](https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet)

By taking small steps today, you can build a healthier, more fulfilling tomorrow. Let's embrace aging as an opportunity to thrive!

Source: <https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet>

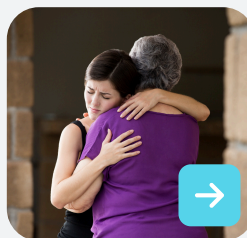
314.845.8302
www.HHHealthAssociates.com



2 AVOID OVERBOOKING YOUR SCHEDULE

Slow Down for September

Use September to slow down, focus on meaningful connections, and balance your schedule.



3 TOGETHER, WE CAN SAVE LIVES

Suicide Prevention Awareness Week

Learn the signs, start conversations, and share resources to support those in need.



4 Featured Recipe

CONNECTEDNESS
HEALTH TIP CORNER



Slow Down for September: How to Avoid Overbooking Your Schedule

September often marks the unofficial start of the busy season. School is back in session, work deadlines ramp up, and the holidays are just around the corner. If you're not careful, your calendar can quickly become a source of stress rather than support. That's why now is the perfect time to reset your pace, protect your time, and prioritize what matters most.

Why Slowing Down Now Matters

When we overcommit, our wellbeing takes a backseat. Chronic stress, sleep disruption, and burnout can all stem from constantly being "on." Slowing down doesn't mean doing nothing; it means doing the right things with intention and leaving room to breathe. By setting boundaries early, you can approach the coming months with intention rather than exhaustion.

Simple Ways to Set the Pace

- **Do a Calendar Audit:** Look at your next 2–3 months. Which commitments are essential? Where can you build in white space for rest or spontaneous joy?
- **Protect Your Priorities:** Choose 1–2 core values or goals to guide your time. Whether it's family dinners, a fitness routine, or mental health breaks—block those in first.
- **Practice the Power of "No":** Declining an invitation now can be an act of self-care. Try responses like, "Thanks for thinking of me, but I'm keeping things light this season."
- **Build Buffer Time:** Avoid stacking meetings, events, or travel plans. Leave time to transition, reflect, and recharge.
- **Embrace Mini Moments of Stillness:** Even 5–10 minutes of quiet in your day can help you reset. Try a short walk, deep breathing, or simply sitting with your thoughts.
- **Be Okay with Imperfection:** Your house doesn't have to be spotless and your holiday plans don't need to be Pinterest-worthy. Let go of "shoulds" and focus on what actually brings you joy.

By slowing down in September, you're not falling behind—you're getting ahead. You'll enter the holiday season feeling more balanced, energized, and present.

TRY THIS:

Instead of just listing out your to-dos, take a few minutes to write down your "No List"

Example "No List" items:

- Saying yes to events out of guilt
- Over-scheduling your weekends
- Checking work email after hours
- Hosting out of obligation
- Skipping meals or workouts to get "more done"

Source: <https://www.cdc.gov/emotional-well-being/improve-your-emotional-well-being/index.html>

Together, We Can Save Lives



Suicide Prevention Awareness Week

Amanda Smith – Wellworks For You

Hope is Real. Help is Real.

Suicide is a difficult topic, one that often brings discomfort, silence, or even shame. But avoiding the conversation doesn't make it go away. That's why National Suicide Prevention Week is so important. It helps raise awareness, reduce stigma, and promote life-saving resources.

While suicide is not talked about often, that doesn't mean it isn't happening. In 2023, over 49,000 people in the U.S. died by suicide, roughly one death every 11 minutes. In addition, 1.5 million adults attempted suicide, 3.7 million made a plan, and 12.8 million seriously considered it. Behind each number is a real person whose life mattered.

The impact of suicide extends far beyond the individual, affecting families, friends, and communities. If someone you know is struggling, it can be frightening and hard to know what to do. But you're not alone, and neither are they. Support is available. Call or text 988, the Suicide & Crisis Lifeline, anytime.

National Suicide Prevention Week is more than awareness; it is a call to action. Together, through education, compassion, and connection, we can offer hope.

Know the Warning Signs:

Pay attention to those expressing:

- Hopelessness, guilt, shame, or feeling like a burden
- Fascination with death or suicide

Watch for behavior changes like:

- Increased substance use, recklessness
- Withdrawal or isolation
- Mood swings, rage, or violence
- Neglecting personal care
- Saying goodbye or giving away belongings

How to Help – A.S.K.:

- Acknowledge: Listen and create a safe space. Talking openly about suicide can reduce suicidal thoughts.
- Support: Show empathy and validate their feelings. Let them know they're not alone. Ask what they need. Listen without judgement.
- Keep-in-Touch: Follow up. Ongoing support can help foster hope and healing.

Together, we can remind others and ourselves that hope, and help are always within reach.

Additional Resources:

988 Lifeline: Available 24 hours a day, every day of the year, Lifeline is a free and confidential service. The person can call or text and speak with a counselor.

Suicide Prevention Resource Center: Provides resources, webinars, information, and online training.

American Foundation for Suicide Prevention: Offers resources for a variety of groups, including Veterans and LGBTQ+.

The Trevor Project: Provides counselors to speak with young people in the LGBTQ+ community.

Crisis Text Line: Free 24/7 support for anyone in crisis who needs to speak to a counselor.

Veterans Crisis Line: Free, confidential round-the-clock support for veterans. Text 838255 and chat or text with a person qualified to support veterans.

Article Resources:

<https://988lifeline.org/promote-national-suicide-prevention-month/>
<https://www.cdc.gov/suicide/facts/data.html>
<https://nationaltoday.com/suicide-prevention-week/>
<https://www.who.int/news-room/fact-sheets/detail/suicide#:~:text=Every%20year%20727%20000%20people,on%20the%20people%20left%20behind.>
<https://activeminds.org/programs/ask/>

FEATURED RECIPE

Healthy Slow Cooker Chicken Tikka Masala

🍴 6 SERVINGS | ⌚ 3 HOURS + 10 MINUTES

INGREDIENTS

- 1/2 tablespoon olive oil
- 1 white or yellow onion, chopped
- 1 jalapeño, seeds removed and finely diced
- 3 cloves garlic, minced
- 1 (28 ounce) can crushed tomatoes or tomato puree (do not use tomato sauce)
- 1 tablespoon fresh grated ginger
- 1/2 lemon, juiced (about 1-2 tablespoons fresh lemon juice)
- 1 tablespoon garam masala
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon curry powder
- Freshly ground black pepper
- 1/4 teaspoon salt
- 1 1/2 pounds boneless skinless chicken breasts
- 1 cup light coconut milk (from the can)
- Additional salt, to taste
- Optional for garnish: greek yogurt & cilantro

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add in onion, jalapeño and garlic; sauté for about 5 minutes or until onions are slightly golden and translucent. Transfer to a large slow cooker.
2. Next add in tomato puree, ginger, lemon juice, garam masala, paprika, cayenne pepper, turmeric, and curry powder to the slow cooker; stir to combine.
3. Add chicken breasts and spoon sauce over the chicken to make sure they are covered. Cover and cook on low for 6-7 hours or on high for 2-3 hours.
4. Once cooked, remove chicken with a slotted spoon and transfer to a cutting board. Shred the chicken with two forks, then transfer back to the slow cooker.
5. Stir in coconut milk and allow to cook on high uncovered for 15-20 more minutes to help thicken the sauce. Taste and adjust seasonings as necessary, including adding more salt, if desired.
6. Serve with brown rice, pita bread/naan or enjoy as is. Garnish with plain greek yogurt and chopped cilantro. Store any leftovers in the fridge for up to 4 days.

NUTRITION

Per Serving:

Calories: 278
Carbohydrates: 22.2g
Saturated Fat: 9.2g
Total Sugars: 9.5g

Per Serving:

Protein: 26.2g
Dietary Fiber: 3.9g

Source: <https://www.ambitiouskitchen.com/healthy-slow-cooker-chicken-tikka-masala/>