

PRIDE

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Summer Bucket List

- Eat Popsicles
- Visit a Farmer's Market
- Go to the beach/lake
- Watch the stars come out
- Roast Marshmallows
- run through the sprinklers
- sleep in
- Watch live music outdoors
- do a puzzle
- Make Smoothies
- Make Strawberry Shortcakes
- Make Homemade Ice Cream
- Go to the beach/lake water fight!
- Go to the POOL
- picnic in the park
- build a sandcastle
- Go for a boat ride
- Watch fireworks
- go to the library
- family living room dance party
- Read a good book
- go to the ZOO
- Summer Scavenger Hunt



Hygiene Tips for Mental Wellness



SLEEP

Get 7-8 hours of continuous, restful sleep. No electronic devices for 30 minutes before bedtime - electronic devices emit blue light, which is known to decrease melatonin in our bodies, the hormone needed to get tired and fall asleep.



NUTRITION

Avoid excessive amounts of caffeine and drinks high in sugar. Avoid skipping breakfast. Incorporate a healthy breakfast into your routine. Focus on fruits, vegetables, nuts, whole grains, fish, and unsaturated fats. Get lots of Vitamin D from salmon and tuna, milk, orange juice, and even being in the sun. Eat foods with omega-3 fatty acids.



PERSONAL HYGIENE

Shower daily. Brush teeth. Comb hair. Trim nails. Put on clean clothes.



EXPRESS GRATITUDE

Identify things in your life that you are grateful for. Tell others you are thankful for them.



SOCIAL SUPPORT

Maintain healthy connections. Reach out to others. Have face to face contact daily.



EXERCISE

Engaging in some form of exercise three times a week has been shown to decrease depression by up to 30%.



PLAY

Do something fun. Relax. De-stress.



STOP SUICIDE IGT
a community collaborative

CONTENTS



AYME'S TABLE | PG 6

Rosemary is a common ingredient that adds a fragrant savory note to dishes. Some people claim that rosemary can help reduce muscle pain, boost the immune system, and improve memory. Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation.



(A) HEALTH | PG 9

Loneliness can leave people feeling isolated and disconnected from others. It is a complex state of mind that can be caused by life changes, mental health conditions, poor self-esteem, and personality traits. Loneliness can also have serious health consequences including decreased mental wellness and physical problems.

MODEL MAGIC | PGS 15-17

Jenni Rosenberg

**Photos by
Gabe Kroeger**





AYME'S TABLE : ROSEMARY

Rosemary is a common ingredient that adds a fragrant savory note to dishes. Some people claim that rosemary can help reduce muscle pain, boost the immune system, and improve memory. Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation. Laboratory studies have shown rosemary to be rich in antioxidants, which play an important role in neutralizing harmful particles called free radicals. In Europe, rosemary is often used to help treat indigestion. In fact, Germany's Commission E has approved rosemary for the treatment of indigestion. However, it should be noted that there is currently no meaningful scientific evidence to support this claim. Scientists have found that rosemary may also be good for your brain. Rosemary contains an ingredient called carnosic acid, which can fight off damage by free radicals in the brain. Some studies in rats have identified that rosemary might be useful for people who have experienced a stroke. Rosemary appears to be protective against brain damage and might improve recovery.

HOW TO USE

Scalp Treatment

Section hair into 4 parts exposing scalp. Apply a small amount of oil to scalp, massage oil in with fingers and comb through to ends of hair. Leave in and style as desired.

Daily Use

Apply a small amount to scalp and comb through to ends.

Split End Care

Apply oil to ends of hair, place a processing cap on head and leave on for 10 minutes. Rinse and proceed with shampooing.



Did you know?

2ND

Second leading cause of death

among 10-14-year-olds. The 3rd leading cause of death among 15-24-year-olds.

<https://www.nimh.nih.gov/health/statistics/suicide>



Four out of five

individuals considering suicide give some sign of their intentions, either verbally or behaviorally.

<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>



LGBTQ+ youth

are more than 4 times as likely to attempt suicide than their peers because of how they are mistreated and stigmatized in society. <https://www.thetrevorproject.org/resources/article/facts-about-lgbtq-youth-suicide/>

“Evidence shows asking someone if they’re suicidal can protect them. They feel listened to, and hopefully less trapped. Their feelings are validated, and they know that somebody cares about them. Reaching out can save a life” - **Rory O’Connor, Professor of Health Psychology at Glasgow University**

For more information visit nami.org/mhstats

Call or Text the Suicide and Crisis Lifeline 988





(A) HEALTH

Loneliness: Impact on wellness

Loneliness can leave people feeling isolated and disconnected from others. It is a complex state of mind that can be caused by life changes, mental health conditions, poor self-esteem, and personality traits. Loneliness can also have serious health consequences including decreased mental wellness and physical problems. Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death. A brain imaging study showed that feeling ostracized actually activates our neural pain matrix. In fact, several studies show that ostracizing others hurts us as much as being ostracized ourselves. We can hypothesize that, similarly, loneliness is associated with the pain matrix.

The key difference between being lonely and being alone is emotional attachment. Being alone is a state of being, while loneliness is a feeling. We can be perfectly happy being by ourselves, but we can also be lonely even if we're with a group of people. Being alone allows you to be with your own thoughts and discover your own voice. It is in these moments of solitude where you discover your true identity and means of expression. You are free from any interruptions or outside opinions. It is just your own voice. Being alone can be a very positive thing for your mental health and can provide people with the opportunity to explore their passions in their own leisurely way. Many people are scared of being alone because they think it means they must be lonely. However, this is not the case.

Suicide WARNING SIGNS

**MAKING
SUICIDE**
threats

**NEGATIVE
VIEW
of SELF**



A sense of
HOPELESSNESS
OR
NO HOPE
for the
FUTURE



**ISOLATION
or
FEELING
ALONE**



**AGGRESSIVENESS
and
IRRITABILITY**

SUBSTANCE
abuse

GIVING
things **AWAY**

**Possessing
LETHAL
MEANS**



Making **funeral**
ARRANGEMENTS

**FEELING LIKE A
BURDEN**
to others

ENGAGING
in "risky"
BEHAVIORS

**SELF-
HARM**
like
CUTTING
behaviours



**FREQUENTLY
TALKING**
about
DEATH



DRASTIC
changes in
MOOD
and
BEHAVIOUR



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MODEL MAGIC

Featuring

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Photos by
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SHAKE UP YOUR SUMMER COCKTAILS

WITH THESE 6 TWISTS FOR HEALTHIER DRINKS

- ☀️ Replace sugar and syrups with fresh fruits
- ☀️ Trade concentrated juice for fresh-squeezed
- ☀️ Watch portion sizes and stick to one shot per drink (1.5 fl ounces)
- ☀️ Add ginger, honey, and lemon to up the nutrition factor of your favorite cocktails
- ☀️ Look for non-alcoholic versions of your favorite drinks to cut calories
- ☀️ Drink a glass of water in between beverages to fill your stomach so you have less room for high-calorie drinks

REMEMBER:

If you're going to drink, do so in moderation.



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LIFE CHANGING MEDICINE