**GOODLIFE WELLBEING MONTHLY – AUGUST 2021 (SCALING DOWN FOR BETTER HEALTH)**

**[Live Well Monthly Newsletter](https://www.gateshealth.com/~/media/files/gates-health/docs/2021-docs/well-being/live-well-monthly-newsletter.pdf?la=en)

Gates Benefits Highlights**

**Magellan Highlights:**September is Suicide Prevention Awareness Month, which means that now may be a good time to check in with yourself and your loved ones, and prioritize your mental health. Spend a few minutes looking at the resources that Magellan has with their SPEAK Campaign. Speaking out about suicidal thoughts can be both overwhelming and frightening and knowing how to start a conversation can be difficult. During Suicide Prevention Awareness Month, we would like to remind you that your program provides resources and services to help you and your household members.

**SPEAK Resources**

Five Steps for Suicide Prevention ([English](https://www.gateshealth.com/~/media/files/gates-health/docs/2021-docs/well-being/speak-flyer-2021-en.pdf?la=en)); Five Steps for Suicide Prevention ([Spanish](https://www.gateshealth.com/~/media/files/gates-health/docs/2021-docs/well-being/hable-flyer-2021-sp.pdf?la=en))

SPEAK Resources ([English](https://www.gateshealth.com/~/media/files/gates-health/docs/2021-docs/well-being/speak-resource-list-2021-en.pdf?la=en)); SPEAK Resources ([Spanish](https://www.gateshealth.com/~/media/files/gates-health/docs/2021-docs/well-being/hable-resource-list-2021-sp.pdf?la=en))

SPEAK Tips Sheet ([English](https://www.gateshealth.com/~/media/files/gates-health/docs/2021-docs/well-being/speak-tip-sheet-2021-en.pdf?la=en)); SPEAK Tips Sheet ([Spanish](https://www.gateshealth.com/~/media/files/gates-health/docs/2021-docs/well-being/hable-tip-sheet-2021-sp.pdf?la=en))

**Lifestyle Coach and Counseling**

Lifestyle Coaching: [Resource Info](https://www.gateshealth.com/~/media/files/gates-health/docs/2021-docs/well-being/2021-lifestyle-coaching-flyer.pdf?la=en)

Personal Resiliency Program: [Program Info](https://www.gateshealth.com/~/media/73d9785fd3ea47e9ab69dd3a1def1fe2.ashx)

**Friendly Health Reminders & Resources**

Suicide Prevention Awareness Month – [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/)

* **National Suicide Prevention Week – September 5-11**
* **Out of the Darkness Walk** – [Find a Walk Near You](https://supporting.afsp.org/index.cfm?fuseaction=cms.page&id=1580&eventGroupID=9AA117B3-F522-BB6D-359D1AA2D75A7958&cmsContentSetID=88FE98C1-DDB2-887E-9ABEC377E2B94CAC)

National Yoga Month –Yoga – [Benefits Beyond the Mat;](https://www.health.harvard.edu/staying-healthy/yoga-benefits-beyond-the-mat) [5 Easy Ways to Celebrate National Yoga Month](https://yogadigest.com/5-easy-ways-to-celebrate-national-yoga-month/)

National Self Improvement Month – [Self Improvement Ideas for Work;](https://www.linkedin.com/pulse/self-improvement-ideas-work-khiv-singh/) [50 Ways to Improve Yourself During Self Improvement Month](https://infraredsauna.com/blog/self-improvement-ideas/)