

World Mental Health Day: October 10

Raising awareness on mental health issues worldwide

By Deborah R. Camacho, M.S., Prevention Services



Mark your calendars for October 10, as it's World Mental Health Day! Since 1992 this annual event has aimed to raise awareness of and act on mental health issues worldwide. Each year mental health activists and practitioners work tirelessly to spread the message that mental health is crucial for everyone. In some countries the observance includes weeklong mental health events.

Here are some ideas to help spread the mental health message:

Attend or host an event: Engage in community or online events to learn and connect with others who share their experiences with mental health. Check out the World Federation for Mental Health's website for a compilation of events worldwide. You can even organize your own, such as fundraisers, walks and runs, forums, or Q&A sessions with mental health professionals.

Get certified in mental health first aid: Consider getting certified in mental health first aid to directly help others during crises. Mental Health First Aid offers in-person courses globally, teaching participants how to identify, understand and respond to signs of mental health conditions and addiction. The Born This Way Foundation and Jack.org also offer a free digital Be There certificate program that educates participants about recognizing and supporting others' mental health while maintaining their own.

Share your story: Spreading awareness involves sharing your own experiences and stories in a safe manner. Organizations like the National Alliance on Mental Illness (NAMI) and This Is My Brave encourage individuals to talk about their mental health journeys, fostering a community dedicated to shedding light on mental illness and addiction.

Volunteer or donate: Support mental health organizations by offering your time, talents or financial means. Donating to national nonprofits or community mutual aid funds can make a significant difference. Consider volunteering at crisis hotlines or text lines to directly assist those in need.

(continued on page 2)

October 15-21 is Conflict Mediation Week

Dealing with the positive and negative sides of conflict

By Larry Dunn, SIA Conflict Resolution Specialist

What comes to mind when you think about conflict? I often ask students and workshop participants this question and the responses readily identify anger, hurt, broken relationships, even violence.

Conflict is all around us and much of what we see is harmful and destructive. So, it's understandable if we think of conflict as mostly negative because our experience with it—in our homes, at work, in the community—has often been painful whether ignored or expressed violently.



Try to imagine a marriage without conflict, without any differences at all—differences that can lead to conflict. At first thought this might sound appealing. But difference is the spice of life and a relationship without conflict might almost be boring. At its worst, the absence of conflict can mean stagnation or even the death of a relationship.

(continued on page 3)



- Supporting mental health
- Productivity strategy made easy

Mental health issues

(continued from page 1)



Read, listen and learn: Expand your knowledge of mental health by reading books and articles, listening to mental health podcasts, and subscribing to mental health newsletters. Follow reliable creators and bookmark informative resources about mental health.

Take care of yourself: Prioritize self-care by creating strong self-care practices that empower and support your well-being. Find a therapist, try meditation using accessible apps, celebrate good news, and consume news thoughtfully by selecting reliable sources and practicing intentionality.

Support mental health in schools: As an educator, provide mental health resources and information to students. Foster inclusive spaces, offer ally training, support marginalized at-risk youth, engage in World Mental Health Day projects, and host Q&A sessions with mental health professionals for parents and students.

Advocate for mental health at work: If you're an employer, organize professional events and initiatives that support employee mental health. Utilize programs like Empower Work, which offers confidential support for work challenges. Use your platform to advocate for mental health, raise funds, or implement inclusive benefits.



Remember, if you need immediate assistance, reach out to the following resources:

Emergency Medical Services: 911

National Suicide Prevention Lifeline: Visit suicidepreventionlifeline.org or call 988

Crisis Text Line: Text CRISIS to 741-741 or visit crisistextline.org

Let's come together on World Mental Health Day to promote mental health awareness, support those in need, and create a more compassionate world.

Boosting productivity is as easy as 1.3.5

By Amanda Franco, Prevention Services

Productivity is more important than ever in today's fast-paced world. With increased competition and the need to do more in less time, it's essential to have a system for maximizing efficiency. The 1.3.5 method is one such system that can help you achieve your goals and increase your productivity.



The 1.3.5 approach is a simple yet powerful system for task management. The concept is straightforward: Each day, you focus on completing one big task, three medium tasks, and five small tasks. At the beginning of each week, write down the things you need to complete. These may have spilled over from last week or are ones you do on a regular basis. As you list your tasks, try to make them concrete and actionable. This approach helps ensure that you stay focused on your most important work while still making progress on daily goals.

The first step in implementing the 1.3.5 method is to identify your big task for the day. This is the one thing that, if completed, will make the biggest difference in your work. Spend the first two to three hours each day focusing on your primary goal; the morning is when your energy and concentration are at their peak.

After you've completed your big task, it's time to move on to your medium ones. These are typically things that are important but not urgent, such as sending emails, processing invoices or returning phone calls. Try to focus on these tasks for about 40 minutes each. By completing three of these each day, you'll make steady progress toward your larger goals while also keeping up with the day-to-day demands of your job.

Finally, it's time to tackle your small tasks. These are things that can be done quickly and easily, such as organizing office files, maintaining your calendar, making copies of handouts for an upcoming meeting, or updating your to-do list. Small tasks usually take around 20 minutes to complete, and by completing five of these each day, you'll feel a sense of accomplishment and reduce the overwhelmed feeling that often comes with a long to-do list.

The 1.3.5 method is a powerful tool for increasing productivity and achieving goals. By focusing on one big task, three medium tasks and five small tasks each day, you'll stay organized, focused and on track. So next time you feel like there are not enough hours in the day to complete what needs to be done, give the 1.3.5 method a try and see how it can help you accomplish more in less time.

Looking for a way to track your productivity with the 1.3.5 method? Check out the app: Rocket 135: To-Do List & Tasks.



Dealing with conflict

(continued from page 1)

What if we thought of conflict as being essential to, ineradicable from, and inevitable in human life? In other words, it's going to happen, we can't get rid of it, and it's actually an important part of our lives. From the interpersonal to the international, conflict is a normal part of human interaction.

If conflict is normal, then in and of itself it's neither good nor bad and can be dealt with constructively or destructively. When we don't have the tools for dealing with conflict constructively, it can be a powerful, negative force in our lives. When we do, conflict can be a force for positive growth and change in many ways, even when it's not pleasant (and it rarely is).



One of the best depictions of this can be found in the Chinese symbol for conflict. It's made up of two separate symbols or words: the first is danger and the second is opportunity. Conflict is a dangerous opportunity!

When it comes to dealing with conflict constructively, there are three primary ways of responding that take into consideration both the good and the bad: conflict management, conflict resolution and conflict transformation. What's meant by each of these?

First, reducing or managing conflict is important intrapersonally (within ourselves, our emotions, reactions, etc.). We're limited in our ability to control most things outside of ourselves in this world, including conflict. I don't know about you, but conflict seems to manage me more than I manage it sometimes, which is why "management" is important for each of us as we confront conflict. But in some ways it's also limited.

Second, nobody wants unending conflict and drama in their lives. There's already too much chaos in our world and we need some resolution and closure to the conflicts we do have. But if we're in relationships with others, conflict will be present. Even being physically away from a conflict doesn't make it disappear and there's no way to eliminate it completely from our lives, at least for most of us. So "resolution" is much needed, but also not possible for every conflict that comes our way.

Last is conflict transformation. At its root "transformation" means . . . you guessed it, change. So, describing conflict as something that's always changing is accurate and useful. And it's a good prescription for conflict; that is, using conflict as a means of bringing about constructive change in individuals and groups to deepen relationships, strengthen community, and even right wrongs where they exist. In fact, often the most significant and needed changes come from some kind of conflict!

So, the next time you think about conflict, keep in mind not only the bad, but also the good that can come from it.

Watch for future conflict resolution/management articles in the upcoming issues of SIA's Wellness and Safety newsletter.

Our new EAP Provider: Optum

SIA's Employee Assistance Program for members offers a range of resources and support

Sometimes life hands us challenges that can leave us feeling swamped and unable to cope. Even small worries can add up and be too much. If you're going through something tough, you don't need to do it alone.

Districts that participate in the SIA Employee Assistance Program (EAP) have access to experienced consultants trained to provide guidance and resources when you need support with:

- Relationship problems
- Workplace conflicts and changes
- Parenting and family issues
- Stress, anxiety and depression
- Eldercare support
- Legal and financial concerns

Optum's services are provided through traditional counseling, digital tools, self-help programs and more. Optum EAP also offers **Talkspace** so you can seek assistance and communicate with a provider through an app. To access this service, contact Optum to get an authorization code, register, choose a provider and start therapy.

(continued on page 5)

National Preparedness Month

September is National Preparedness Month, which promotes community and family disaster planning. One of the most effective ways to engage employees in safety is to show them that you care about them even when they're not within the four walls of the work facility. Take this concept one step further and show them that you care about their families too because those are their most important priorities. To learn how you can build an emergency kit and prepare for potential disasters at home, check out [The Easy Way to Have a Home Emergency Plan – SafeStart](#).



- Prostate Cancer Awareness Month
- Amazing, fascinating rain

September is Prostate Cancer Awareness Month



September is National Prostate Cancer Awareness Month, a time to raise awareness about prostate cancer and generate support for those affected by the disease.

According to the American Urological Association (AUA), prostate cancer is one of the most common cancers among men. Here are some facts about prostate cancer:

- 180,000 new cases of prostate cancer will be diagnosed this year.
- Aside from age, risk factors for prostate cancer include family history and race.



- 1 in 7 men will be diagnosed with prostate cancer.

- Your chance of being diagnosed increases to:
 - 1 in 5 if you're African American.
 - 1 in 3 if you have a history of the disease.
- Nearly 3 million men in the U.S. are prostate cancer survivors.

In its early stages, prostate cancer often has no symptoms. If you're 55 to 69 years of age, talk to your doctor about whether prostate screening is right for you. For more information about prostate cancer, visit www.urologyhealth.org.

6 amazing, fascinating facts about rain

Deborah R. Camacho, M.S., Prevention Services

Rain is crucial for sustaining life on Earth and provides obvious benefits like supporting crops and filling reservoirs. But there's much more to rain than you might think, including the following factoids:

1. The smell of rain after a dry spell is called petrichor and originates from an organic compound released by microorganisms when rain hits porous soil or rock.
2. Nearly all rain starts as snow, and precipitation forms when water vapor condenses into water droplets along the surface of certain aerosols that serve as "condensation nuclei".



3. The McMurdo Dry Valley in Antarctica is the driest place on Earth and likely has not seen any rain for an estimated 2 million years.
4. The rain on Venus is sulfuric acid due to large amounts of sulfur dioxide in its atmosphere, making it unsuitable for life.
5. Raindrops are not tear-shaped but are spherical in shape when in clouds and become jellybean-shaped due to wind resistance as they fall to Earth.
6. One inch of rain over one acre of land is equal to around 113 tons, and an average of 1 billion tons of rain falls on the Earth every minute.

Free virtual trainings •
Share your ideas with us •



wellness
& safety



Upcoming free virtual trainings

SIA provides the employees of our member districts with virtual training on a variety of topics that apply to both personal and professional life. To learn more about any of the training courses listed below, contact tfranco@sia-jpa.org. You can also learn of future events. [JOIN OUR EMAIL LIST!](#)

09/05/23	Aging Healthfully	5:30-6:30 p.m.
09/08/23	I'm Too Busy to Eat Healthy	5:30-6:30 p.m.
09/13/23	Communication Beyond the Basics	5:30-6:30 p.m.
09/14/23	How to Create Passion & Motivation in the Workplace	noon to 1:00 p.m.
09/18/23	I'm Too Busy to Eat Healthy	noon to 1:00 p.m.
09/20/23	Preventing Burnout	5:30-6:30 p.m.
09/21/23	How to Create Passion & Motivation in the Workplace	5:30-6:30 p.m.
09/25/23	How to Understand Nonverbal Communication	5:30-6:30 p.m.
09/26/23	Understand & Embrace Diversity	5:30-6:30 p.m.
09/29/23	Improving Workplace Relationships	5:30-6:30 p.m.
10/02/23	Creating Harmony Between Generations at Work	5:30-6:30 p.m.
10/04/23	How To Build Successful Teams Employees	5:30-6:30 p.m.
10/06/23	Making the Most of Your Working Day	noon to 1:00 p.m.
10/11/23	Making the Most of Your Working Day	5:30-6:30 p.m.
10/12/23	Prevention of Bullying, Harassment, and Discrimination, Employees	5:30-6:30 p.m.
10/16/23	Social Media Use and Misuse	noon to 1:00 p.m.
10/19/23	Self-Care Small Changes for Positive Results	5:30-6:30 p.m.
10/23/23	How to Slow Down	5:30-6:30 p.m.
10/25/23	Social Media and Misuse	5:30-6:30 p.m.
10/30/23	Positive Parenting	5:30-6:30 p.m.

Optum *(continued from page 3)*

All EAP services are private, secure and confidential. If you're an employee with one of the districts listed below, reach out to your supervisor or human resources department for more information on how to access the EAP.

SIA member districts with EAP coverage:

Arcohe Union SD	Galt Joint Union High SD	Rescue Union SD
El Dorado COE	Hayward USD	River Delta USD
Folsom-Cordova USD	Latrobe SD	Robla SD
Galt Joint Union Elementary SD	Natomas USD	Sacramento City USD
	Natomas Charter School	Sacramento COE
	Placerville Union SD	

QUOTE TO NOTE

"When something goes wrong in your life, just yell plot twist and move on."

- Anonymous



We want to hear from you!

Have a suggestion for an article related to safety and wellness that you'd like to see in our newsletter? Do you have a unique program or event in your district that contributes to the health and safety of your fellow employees? If so, we want to hear about it. Email us at PreventionServices@sia-jpa.org.



Wellness & Safety is published by the Schools Insurance Authority, P.O. Box 276710, Sacramento, CA 95827-6710, (916) 364-1281, 1-877-SIA-KIDS. The SIA is a joint powers authority, composed of 37 members, that collectively provides workers' compensation, liability, property, and health benefit insurance coverage on behalf of its member districts. The SIA school districts are: Arcohe, Atwater, Buckeye, Camino, Center, Central Sierra ROP, El Dorado Co. Off. Ed., El Dorado High, Elk Grove, Elverta, Folsom-Cordova, Galt Elem., Galt High, Gold Oak, Gold Trail, Hayward, Indian Diggings, Latrobe, Merced City, Mother Lode, Natomas, North Bay SIA, Pioneer, Placerville, Pollock Pines, Rescue, River Delta, Robla, Sac. City, Sac. Co. Off. Ed., San Juan, Shasta-Trinity SIG, Silver Fork, Twin Rivers, Visions in Education Charter, and Woodland. SIA Officers: Executive Director — Martin Brady; President — Chris Gilbert, Sacramento COE; Vice President — Wendy Frederickson, El Dorado COE; Newsletter: Lyn Poll, Prevention Services; CG Communications