



**FIVE SANDOVAL INDIAN PUEBLOS, INC.**

## **BEHAVIORAL HEALTH PREVENTION PROGRAM**

september is

**Suicide**  
**PREVENTION**  
AWARENESS  
month

Vernon Saiz, Prevention Specialist- Zia Pueblo

Diane Shije, Prevention Specialist and DV advocate- Zia Pueblo

Branden Pecos, Prevention Special- Jemez Pueblo

Aviva Hirsh, Prevention Specialist- Santa Ana and Sandia Pueblo

Gabrielle Manchengo-Sanchez, Prevention Specialist- Santa Ana and Sandia Pueblo

Kyra Vallo, Prevention Specialist and DV Advocate- Cochiti Pueblo

Tyson Coriz, Prevention Coordinator and DV Advocate

Yvette Herrera, FSIP Case Worker and DV Advocate

**This month is Suicide  
Prevention Awareness  
Month and we are  
also including ways  
to help in mental  
health to avoid  
suicide ideation and  
help alleviate or  
lessen stress.**

**Five Sandoval Indian  
Pueblos 24 Hour  
Crisis Line:  
505-270-7740**

### **GREETINGS FROM THE PREVENTION PROGRAM**

We are working hard in providing awareness to our communities once again through newsletters and zoom sessions. We thank you for keeping yourself and communities safe!

**National Suicide  
Prevention Hotline  
1-800-273-8255**

# TAKE CARE OF YOUR MIND

**EMOTIONAL**  
Coping effectively with life and creating satisfying relationships.

**ENVIRONMENTAL**  
Good health by occupying pleasant, stimulating environments that support well-being.

**FINANCIAL**  
Satisfaction with current and future financial situations.

**INTELLECTUAL**  
Recognizing creative abilities and finding ways to expand knowledge and skills.

**PHYSICAL**  
Recognizing the need for physical activity, diet, sleep, and nutrition.

## 8 DIMENSIONS OF WELLNESS

**SOCIAL**  
Developing a sense of connection, belonging, and a well-developed support system.

**SPIRITUAL**  
Expanding our sense of purpose and meaning in life.

**OCCUPATIONAL**  
Personal satisfaction and enrichment derived from one's work.



# 15 PRACTICAL WAYS TO SUPPORT YOUR CHILD'S MENTAL HEALTH



**01**  
Each night before bed help your child to write down 3 good things they have achieved



**02**  
If your child is experiencing a worry why not try to problem solve and think of all possible solutions with them



**03**  
Work through some deep breathing with your child. Try teaching them ratio breathing



**04**  
Set aside a time each day for your child to allow themselves to experience their worries



**05**  
Develop a thought diary where your child can write down their thoughts and reflect on them



**06**  
Help your child to try and use imagery to imagine themselves in a calm relaxing and happy environment



**07**  
Exercise is a great way to reduce stress and boost mood



**08**  
Use an activity diary or calendar to schedule in some fun and pleasurable activities with your child



**09**  
Progressive muscle relaxation is great for helping your child to reduce tension



**10**  
Develop a gratitude jar. Each time you are grateful for something write it down and put it in the jar



**11**  
Help your child identify their feelings by using a mood chart. They can either write down their feelings or draw something to express how they feel



**12**  
Involve them with what you are doing. Why not allow them to help you cook or bake



**13**  
Engage in play and fun activities with your child. Allow them to be creative with art



**14**  
Ask your child to take photos of things they are grateful for each week



**15**  
When your child experiences an unhelpful thought, sit down with them and help them to challenge it

@BELIEVEPHQ

**Here are some facts sheets to help you and your young adults understand more about mental health. Using these helpful tips could assist you in understanding how to prevent stress, anger, and mental health breakdown. Again, stay safe, live well and know YOU ARE ALL SPECIAL!**





## FAMILY INTERVIEW ABOUT OPIOIDS AND THEIR USE OF THEM

**HERE IS A LITTLE BACK STORY ABOUT THIS INTERVIEW. I HAVE A FAMILY MEMBER THAT HAS CANCER AND WAS PRESCRIBED PAIN RELIEF MEDICATION THAT HAD OPIOIDS IN THEM. THIS INTERVIEW TALKS ABOUT THEIR EXPERIENCES WITH THIS MEDICATION AND BRIEFLY TALKS ABOUT THEIR TREATMENT. I AM KEEPING MY FAMILY MEMBERS IDENTIFICATION UNKNOWN, THE MEDICATION THEY IS TAKING, AND THE TYPE OF CANCER IN THE UNKNOWN TO KEEP THEM SAFE.**

*How do you feel about opioids? "I feel that opioids are prescribed way too often. I personally do not feel I need the amount of pain relief medication that they prescribed for me."*

*How does the medication you are taking makes you feel? "I do not feel any pain when I take this medication."*

*How do you feel when you are coming down from the opioid prescribed medication? "Because I do not take this medication all the time, I do not know how it feels to truly come down from the medication."*

*Can you describe your pain when you are with your family compared to when they are not around? "When I am with my family I am not thinking about the pain because I am more engaged in conversations and what everyone is doing. But, when I am home without my family, I think about the pain far more often, because that is all I can truly think about."*

*What are some ways you keep your mind busy and calm during treatments? "I am a people watcher and when I am in a treatment I like to look around and see how interesting people can be."*

*If you're not taking your opioid prescribed medication how do you relieve any pain you may have? "I try to take a pain relief medication that does not have opioids in them."*

*If you have any medication you do not use, what are you planning to do with it? "I plan to take my medication to a local clinic that can take unused medication or use a medication disposal bag."*



# LET'S SET SOME BOUNDARIES



Establishing healthy boundaries in a relationship allows both partners to feel comfortable and develop positive self-esteem. In order to establish boundaries, you need to be clear with your partner who you are, what you want, your beliefs and values, and your limits. A lot of times, we tend to focus on adjusting to others, taking time away from focusing on ourselves.

**OUR BOUNDARIES, WHETHER THEY'RE BIG OR SMALL, ARE IMPORTANT AND DESERVE TO BE RESPECTED.**

## KEY POINTS IN SETTING BOUNDARIES

- COMMUNICATE YOUR THOUGHT WITH ONE ANOTHER
- NEVER ASSUME OR GUESS YOUR PARTNER'S FEELINGS
  - FOLLOW THROUGH ON WHAT YOU SAY
  - TAKE RESPONSIBILITY FOR YOUR ACTIONS
  - KNOW WHEN ITS TIME TO MOVE ON

Setting and establishing healthy boundaries is a skill, and it takes time! Remember, healthy boundaries don't come easy, but if you trust your instincts, be open, and practice with your partner, the relationship will only get stronger over time.

Resource: [breakthecycle.org](http://breakthecycle.org) and [loveisrespect.org](http://loveisrespect.org)



**FREE • CONFIDENTIAL • 24/7**



**love is respect** org

**chat** at [loveisrespect.org](http://loveisrespect.org)

**text** loveis to 22522

**call** 1.866.331.9474