

# OUHSD Wellness Newsletter

Oxnard Union High School District

## Raising Awareness

September is National  
National Better Breakfast  
Month, National Hispanic  
Heritage Month,  
National Suicide  
Prevention  
Month

## Help Save a Life

Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide. Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help.

**Suicide Prevention Lifeline**  
1-800-273-TALK (8255)

## What's the Big Deal About Breakfast?

### Benefits of Eating Breakfast

- Breakfast provides you with a burst of energy in the morning and keeps up your energy throughout the day.
- It refuels your mind and body after a long night's sleep.
- Breakfast can give you the strength and endurance needed to perform your best when participating in physical activities or competing in sports (USDA, n.d.).
- It is beneficial for your brain, memory, concentration, and mood, which help you perform better at work or in school. (Gajre et al., 2008; Adolphus et al., 2013)

### Did You Know?

Lack of time is usually the biggest reason that people skip breakfast? While most of us have busy mornings with little spare time, it is still important to prioritize breakfast, even if it is something simple or prepared the night before.

## Healthy = Wealthy

Average cost of being sick  
(doctors/medications)

=  
\$1,669

Average cost of being Healthy  
(annuals/vitamins)

=  
\$702

Average cost of chronic illnesses  
(yearly upkeep)

=  
\$7,526

Average cost of healthy food  
(annual/daily)

=  
\$5,019/\$15.30

Average cost of a gym membership  
(annual)

=  
\$150

Average cost of living your  
healthiest life

=  
Priceless!



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