

KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



August is

National Immunization Awareness Month

Children's Eye Health and Safety Month

August Awareness Spotlight: National Wellness Month



Happy August! It's National Wellness Month, a time to remind everyone to take care of their wellness in all aspects: mental, physical, emotional, spiritual, and social well-being. Given the broad nature of this topic, I decided to narrow it down to something more specific and somewhat personal to me: the mental, physical, emotional, spiritual, and social impact of self-harm. Self-harm is defined as any intentional act of hurting oneself without the intention of suicide. According to The Recovery Village, an estimated 17% of people engage in self-harm at some point in their lifetime. The average age to begin self-harming is around 13, making pre-teens and teenagers the most likely to engage in this behavior. Among those who self-harm, 45% use cutting as their preferred method, but this also includes burning, scratching, or any other activity that involves harming oneself. The precursor signs of self-harm behavior include sadness, depression, and an aversion to activities. Treatment can involve therapy and/or medication. Fortunately, there is...

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wealth of information and resources available to help those who self-harm. I found that about half of all self-harm survivors will seek some kind of support from professionals. One place to receive such help is the Mayo Clinic, which has locations across the country. The specific location I'm featuring is in Phoenix, Arizona:

Mayo Clinic Phoenix
www.mayoclinic.org
(480) 342-2000

At this location, all the services and treatment options mentioned are available. For more information about the clinic's founding and history, you can visit their website or refer to previous newsletters where this information has been provided. My goal is to highlight self-harm prevention and treatment options, create awareness of self-harm during National Wellness Month, and suggest that we all take time for self-care throughout the year. Thank you for reading and until next month, this is Gilbert J. for KeepItPushing.org.