

Mental Health Awareness

WELCOME TO THIS MONTH'S EDITION OF LIVE WELL, WORK WELL. IN THIS ISSUE WE WILL BE FOCUSING ON THE IMPORTANCE OF MENTAL HEALTH AWARENESS.



WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

Source: <https://www.mentalhealth.gov/basics/what-is-mental-health>



HUMAN RESOURCES DEPARTMENT

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Early Warning Signs

Not sure if you or someone you know is living with Mental Health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of hurting yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Source: <https://www.mentalhealth.gov/basics/what-is-mental-health>



Break Free From The Stigma

Stereotypes and stigma can keep people with mental health problems from getting the help they need.

The truth is, mental illness is a medical condition many go through during their lifetimes. One in five adults experience mental illness each year.

It can start early and last a lifetime. Half of lifetimes cases start by age 14, but help is out there. Don't wait to reach out for help.

Early identification and care is vital. If you or someone you know needs help, reach out to a trusted doctor or your state or county mental health board for facts and resources. Your health plan may cover mental health treatment.

Source: National Alliance on Mental Illness

WHEN SADNESS STAYS

Sadness is a part of life. A loved one's death, a job loss, or the ending of a relation can all cause pain. It's normal to have feelings of sadness or grief after stressful events. People going through these problems may say they are depressed. But sadness and depression are not the same.

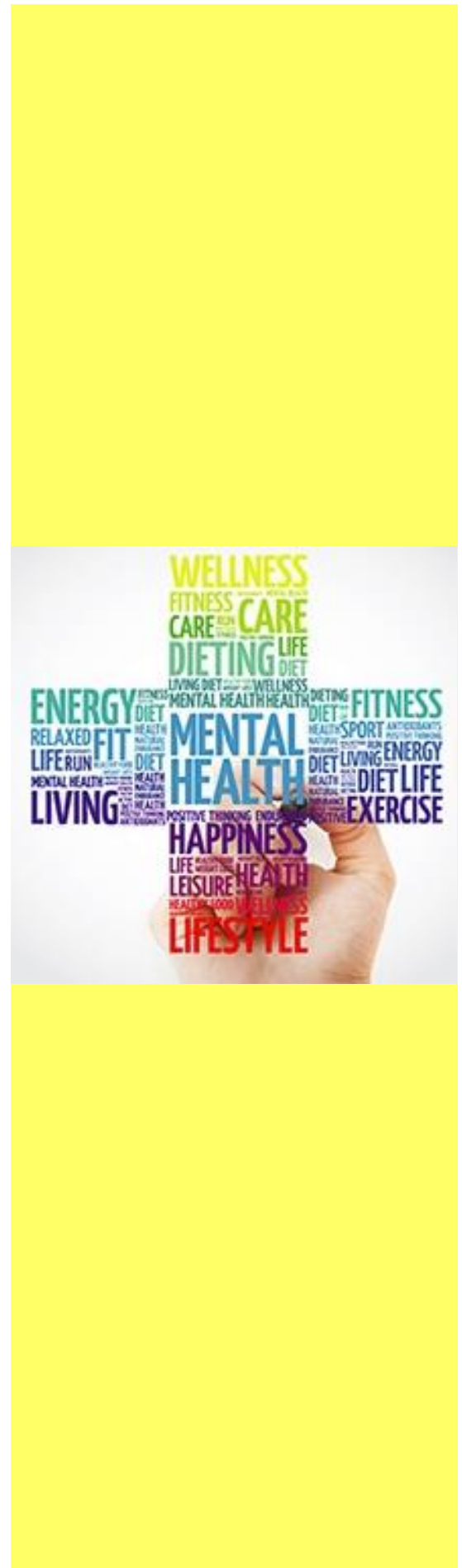
Sadness will go away with time, but depression can last for months, even years. People who have had depression note marked differences between normal sadness and the disabling weight of major depression.

Depression is a leading cause of disability worldwide. Signs of this serious health problem include:

- A sad or blank mood that doesn't go away
- Sleeping too much or too little
- Loss of hope and self-worth
- Not being involved in hobbies and things you once enjoyed
- Eating less or more, with extreme weight loss or gain
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of suicide or death

If you think this describes you, seek professional help. Don't lose hope. Prolonged depression is not a normal part of life, no matter what your age, sex or health situation. You can change sad to glad. Clinical depression is very treatable, with more than 80 percent of those who seek help showing change for the better.

Source: National Institutes of Health; Mental Health America; American Psychiatric Association



Improving the Odds for Teens' Mental Health

When you think of teens, do you see them acting without thinking? Teens do make choices, solve problems and act differently than adults. There is a good reason: your teen's brain. Studies show that the part of the brain that controls thinking and impulses is still changing and maturing well into adulthood.

Other big changes in the brain during the teen years include a rapid gain in the links between cells and changes in brain pathways. All these things bring about changes in how teens think and act.

As a result of these brain changes teens may:

- Act without thinking or join in unsafe actions
- Misread emotions or social cues
- Get into accidents
- Get involved in fights

While it is normal for all teens to go through brain changes, these may be warning signs that your child is having an emotional problem:

- Not able to calm down
- Poor grades
- Trouble focusing
- Sadness that lasts
- Lack of motivation
- Weight loss or gain
- Tiredness or sleep problems
- Low self-esteem
- Unlawful actions

When you learn teens' brain differences, you can help pave the way toward better emotional health.



Source: United States Department of Health and Human Services Substance Abuse & Mental Health Services Administration; Mental Health America; American Academy of Child & Adolescent Psychology; American Academy of 53750.0914 Family Physicians

Did You Know?

Did you know?



**YOUR EAP
CAN HELP
COMPLETE
YOUR "TO-DO"
LIST.**

Need to delegate items on your "to-do" list?" Your EAP can help. Our Work/Life Consultants are available day and night to assist you with locating nearly endless resources such as finding care for your pets, personal care, travel, home improvement contractors, education, and managing your day-to-day responsibilities at home, and work. So whether you need to find a plumber to fix that leaky faucet or a travel agent to plan your next vacation, the EAP can help, leaving you with more time for what matters most.

Available Features

- 24/7 access to a qualified work/life consultant via our Helpline or the LiveCONNECT online instant messaging feature of our website
- Live assistance locating resources and referrals per your request
- Referrals provided within 12 business hours for standard requests and within 6 business hours for urgent requests
- Information-rich website loaded with content and tools for managing work, personal, and everyday issues

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Types of Mental Illness

People can experience different types of mental illnesses or disorders, and they can often occur at the same time. Mental illnesses can occur over a short period of time or be episodic. This means that the mental illness comes and goes with discrete beginnings and ends. Mental illness can also be ongoing or long-lasting.

Some of the main types of mental illness and disorders are listed below:

- Anxiety Disorders
- Attention-Deficit/Hyperactivity Disorder
- Disruptive Behavioral Disorders
- Depression and Other Mood Disorders
- Eating Disorders
- Personality Disorders
- Posttraumatic Stress Disorder (PTSD)
- Schizophrenia Spectrum and Other Psychotic Disorders
- Substance Use Disorders

Source: <https://www.cdc.gov/mentalhealth/learn/index.htm>



Last Month's Winners:

April 8, 2021
"Stress Awareness"
Jose Hernandez - Gift Card Winner



Upcoming Events:

Virtual Mental Health Awareness Seminar
 Thursday, May 6, 2021

Community Loan Center Program Webinar
 Thursday, May 13, 2021

Virtual Bell's Palsy Seminar
 Thursday, May 20, 2021

SOFA - Retirement Ready or Not Webinar
 Thursday, May 27, 2021

Let's Get Moving!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 15 Bicycles Skip in Place (60 seconds)	31 15 Burpees 15 Knee to Elbow					1 3 Burpees 3 Frog Jumps
2 5 Bicycles Skip in Place (20 seconds)	3 5 Burpees 5 Knee to Elbow	4 5 Bicycles 5 Frog Jumps	5 VOLLEYBALL TASK CARD OR CHOOSE A SPORT	6 5 Burpees Skip in Place (20 seconds)	7 5 Bicycles 5 Knee to Elbow	8 5 Burpees 5 Frog Jumps
9 8 Bicycles Skip in Place (30 seconds)	10 7 Burpees 7 Knee to Elbow	11 8 Bicycles 8 Frog Jumps	12 TENNIS TASK CARD OR CHOOSE A SPORT	13 7 Burpees Skip in Place (30 seconds)	14 8 Bicycles 7 Knee to Elbow	15 7 Burpees 8 Frog Jumps
16 10 Bicycles Skip in Place (40 seconds)	17 10 Burpees 10 Knee to Elbow	18 10 Bicycles 10 Frog Jumps	19 VOLLEYBALL TASK CARD OR CHOOSE A SPORT	20 10 Burpees Skip in Place (40 seconds)	21 10 Bicycles 10 Knee to Elbow	22 10 Burpees 10 Frog Jumps
23 12 Bicycles Skip in Place (50 seconds)	24 12 Burpees 12 Knee to Elbow	25 12 Bicycles 12 Frog Jumps	26 TENNIS TASK CARD OR CHOOSE A SPORT	27 12 Burpees Skip in Place (50 seconds)	28 12 Bicycles 12 Knee to Elbow	29 12 Burpees 12 Frog Jumps