

HEALTHY HABITS

MAKE YOUR HEALTH A PRIORITY

STRESS RELIEF STRATEGIES

DE-STRESS ACTIVITIES TO TRY AT YOUR DESK

1. Sit comfortably on the floor or in a chair. Inhale through your nose slowly for 5 seconds, hold for 2 seconds, then exhale through your nose for 5 seconds. Repeat several times.
2. Slowly tense and then relax your muscles one group at a time, starting with your toes, and working your way up to your neck. With practice, this technique can help you become aware of when you are tensing your muscles and can provide a way to let go of that tension.
3. Another great way to relieve the stress from the day is to go on a 20-minute walk outside. Doing this releases endorphins into our brains which helps to stimulate relaxation and improve our mood.

RESOURCES

1. **U.S. Crisis Text Line:** Text HOME to 741-741
2. **Substance Abuse Support Helpline:** 1-800-662-4357
3. **National Institute of Mental Health:** www.nimh.nih.gov/findhelp
4. **National Suicide Crisis Lifeline:** 1-800-273-8255 or dial 988
5. **National Domestic Violence Hotline:** 1-800-799-7233

YOUR MENTAL HEALTH MATTERS

WHAT IS MENTAL HEALTH?

Your mental well-being includes how you think, act and feel. It also helps you cope with stress, relate to others, and make decisions. According to the WHO, there's not a specific definition of mental well-being. However, various studies agree that achieving a state of mental well-being includes being able to:

- Realize your full potential.
- Work productively.
- Cope with normal stresses of life.
- Contribute meaningfully to your community.

Mental well-being includes mental health but goes far beyond treating mental illness. For example, you could go through a period of poor mental health but not necessarily have a diagnosable mental illness. Mental health can change over time, depending on factors such as your workload, stress, and work-life balance.

WHY IS MENTAL HEALTH IMPORTANT?

Your mental well-being is tied directly to your physical health. Individuals with poor mental health or untreated mental illness are at risk of developing many chronic conditions like Type 2 diabetes, stroke, heart disease and obesity.

Poor mental health can also cause negative effects in your work-life as well as in your social life. If you have poor mental health, you may experience productivity issues at work and may experience withdrawal or feelings of loneliness.

TIPS FOR TALKING WITH YOUR PRIMARY CARE PROVIDER ABOUT MENTAL HEALTH

DON'T KNOW WHERE TO START FOR HELP? TALK TO YOUR PRIMARY CARE GIVER

If you're going to your primary care provider for other health concerns, remember to bring up your mental health concerns. Mental health is an integral part of health. Often, people with mental disorders can be at risk for other medical conditions, such as heart disease or diabetes. In many primary care settings now, you may be asked if you're feeling anxious or depressed, or if you have had thoughts of suicide. Take this opportunity to talk to your primary care provider, who can help refer you to a mental health specialist.

PREPARE AHEAD OF YOUR VISIT

Health care providers have a limited amount of time for each appointment. Think of your questions or concerns beforehand, and write them down.

- **Prepare your questions.** Make a list of what you want to discuss and any questions or concerns you might have.
- **Prepare a list of your medications.** It's important to tell your health care provider about all the medications you're taking, including over-the-counter (nonprescription) drugs, herbal remedies, vitamins, and supplements.
- **Review your family history.** Certain mental illnesses tend to run in families, and having a close relative with a mental disorder could mean you're at a higher risk. Knowing your family mental health history can help you determine whether you are at a higher risk for certain disorders. It also can help your health care provider recommend actions for reducing your risk and enable both you and your provider to look for early warning signs.

BE HONEST.

Your health care provider can help you get better only if you have clear and honest communication. It is important to remember that communications between you and a health care provider are private and confidential and cannot be shared with anyone without your expressed permission. Describe all your symptoms with your provider, and be specific about when they started, how severe they are, and how often they occur. You also should share any major stresses or recent life changes that could be triggering symptoms.



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- Managing stress and anxiety
- Substance abuse
- Legal and financial matters
- Locating child or elder care
- Moving and relocation
- Planning for college, events or vacation
- Family planning and pregnancy health



WHAT IS DIABETES?

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.

Learn more about diabetes here: <https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources>

WHAT ARE THE DIFFERENT TYPES OF DIABETES?

- **TYPE 1 DIABETES**

If you have Type 1 diabetes, your body does not make insulin. Your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with Type 1 diabetes need to take insulin every day to stay alive.

- **TYPE 2 DIABETES**

If you have Type 2 diabetes, your body does not make or use insulin well. You can develop Type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people.



- **GESTATIONAL DIABETES**

Gestational diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had gestational diabetes, you have a greater chance of developing Type 2 diabetes later in life. Sometimes diabetes diagnosed during pregnancy is actually Type 2 diabetes.

WHAT ARE THE SYMPTOMS OF DIABETES?

- Increased Thirst, Urination, and Hunger
- Fatigue
- Blurred Vision
- Numbness or Tingling in the Feet or Hands
- Sores That Do NOT Heal
- Unexplained Weight Loss

HOW CAN I MANAGE MY DIABETES?

Nutrition and physical activity are important parts of a healthy lifestyle when you have diabetes. Along with other benefits, following a healthy meal plan and being active can help you keep your blood glucose level in your target range. To manage your blood glucose, you need to balance what you eat and drink with physical activity and diabetes medicine if you take any. What you choose to eat, how much you eat, and when you eat are all important in keeping your blood glucose level in the range that your health care team recommends.

SAFETY TIPS FOR FALL WEATHER DRIVING



For the most part, everyone looks forward to Fall weather, whether it is for the return of children to school, football season, anything pumpkin-flavored, sweater weather, or the beautiful colors of the turning leaves. Along with all these delightful things come things that aren't as beloved, such as decreased daylight, fog, sun glare, and slippery roads.

Driving to and from clients' homes is a large part of your job. **Your safety is essential to Interim and your clients but much more than that, the ability for YOU to return safely to YOUR family at the end of the day is what is most important to us!** It is wise to prepare yourself and your vehicle before the season gets completely underway. These tips can help you safely navigate driving during the Fall season:

- Autumn sunrises and sunsets offer spectacular views, but they also offer a large amount of glare. Always keep your windshield clean of streaks, smudges, and dust to avoid glare.
- Check your tire pressure. From cool nights to frosty mornings, your tires will expand and contract, which can lead to a loss of tire pressure and can then result in a blowout.
- Foggy autumn mornings make it much harder to see so make sure to use your low beams instead of the high beams. High beams bounce off the fog particles, reflecting back to you, creating a hazard in seeing the roadway clearly.