Tools to help maintain your mental well-being

We all have good days and bad days. Sometimes when we are feeling down or have a case of the blues it can become overwhelming. Many life events can trigger anxiety, the blues, and even depression.

In this edition of the PEHP Wellness newsletter you’ll find tips and resources to help support your mental well-being.

Our webinar focuses on motivation this month, and article topics include exercise tips for brain health, and foods that boost brain power.

PEHP members who may be in need of mental health services are encouraged to seek professional care utilizing their Employee Assistance Program benefits.

Understanding the difference between the blues and depression is the first step toward feeling better. If symptoms interfere with your daily routine, learn what you need to know here.

Your Human Resource representative can guide you to the EAP services that may be offered through your agency.

We hope you enjoy this edition.

– Your PEHP Wellness Team

Motivation for Transformation

What: In this webinar we discuss the psychology of motivation. Tune in for tips to jumpstart your self-improvement goals, move past the preparation stage, and maintain your momentum.

When: Wednesday, Oct. 1, 2014 at Noon

Presenter: Richard Andelin, PEHP Health & Wellness Coach

Register here

Remember: All webinars are archived for future viewing – visit our archive section here.

Know Plan Act

Remember that you can access your current biometric numbers online at your personal Health Snapshot. Log in to learn more.
Happy Body, Happy Brain

When your body is in good shape, your brain responds in turn. Mental and physical health is intertwined, and improving your fitness level can improve your overall well-being.

Consistency in activity is the key. Regular exercise releases feel-good chemicals in the brain and provides additional benefits such as:
» Reducing stress
» Improves sleep quality
» Increases productivity
» Alleviates anxiety
» Sharpens memory

Factors such as these are motivating and offer positive benefits that can improve your outlook on life. Simply moving your body on a regular basis, no matter what type of exercise, benefits both your body and your brain.

To learn more about exercise and the mental health connection, read this article from the Huffington Post.

The theme for October is Train Your Brain. Learn more about Workout Warrior and how to participate here. Keep moving!

“IT is exercise alone that supports the spirits, and keeps the mind in vigor.”
– Marcus Tullius Cicero
**Junk Food Blues**

You may ask, “What is the link between diet and mental health?”

Some studies have shown that those consuming diets high in processed meat, chocolate, sweet desserts, fried food, refined cereals and high-fat dairy products were more likely to report signs of depression—while those with diets rich in fruits, vegetables, and fish were less likely to feel depressed.

These fresh foods are found in the Mediterranean Diet: an eating plan and lifestyle focusing on minimally processed foods. Eating whole, nourishing foods for meals and snacks can also stabilize and maintain blood sugar levels, thus leading to clarity of mind, a good mood and fewer headaches.

Consuming fatty fish is recommended for brain and heart health because of the DHA present in them. Docosahexaenoic acid (DHA) is the most abundant fatty acid in the brain. Obtaining DHA from foods can help the brain function at its best. Learn more about additional brain boosting foods.

**Depression on the Job**

We all get the blues from time to time. However, depression can be very serious. It is estimated that depression costs U.S. businesses $51 billion a year in absenteeism and lost productivity. Recognizing the signs in a co-worker, employee, or yourself is a crucial first step. Without jumping to conclusions—since anyone can have a bad day—be alert to these signs:

- Increased tardiness and absenteeism
- Drop in productivity
- Difficulty concentrating
- Increased accidents and errors at work
- Increased social isolation
- Decrease in energy

If you observe a combination of these symptoms or experience them yourself, there may be a risk of depression. As a manager or colleague, be careful not to try and diagnose a mental health problem, but point out what you’ve seen and be empathetic before making suggestions. Most depression can be treated. Learn more here.

**MOTIVATION THROUGH QUOTATION**

“Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad.”

– Henry Wadsworth Longfellow
Many people attempt countless “strategies” in order to lose weight, such as counting calories, increasing activity, drinking more water, eating more vegetables, or cutting out specific foods. All are effective tactics; though how many of us consider improving mental patterns first to help change our behavior? When surveyed, more psychologists felt it was essential to begin by understanding and managing behaviors and emotions related to weight management.

Taking this important first step can help a person ultimately lose weight and keep it off.

For example, rather than jumping headfirst into a change such as completely giving up soda, consider the thought process that leads to an unhealthy behavior.

This technique is not a “quick fix.” It can be enlightening listening to your inner dialogue and understanding your motivations prior to making any lifestyle change. You may find that when you improve your mental health, your physical health will follow.

Congratulations to two PEHP Waist Aweigh graduates! Jan H. met her 6-month maintenance goal in August and Laurie O. reached her 6-month maintenance goal in September! Way to go ladies – your dedication is inspiring!

“Optimum health is an ongoing process that requires awareness, knowledge, and practice.”

– Dr. Andrew Weil
### Wellspan Employee Health Program (PEHP) Wellness Calendar

#### October 2014

**Mark Your Calendar**

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<th>Sunday</th>
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<td>October Workout Warrior Registration closes</td>
<td>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</td>
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<td>Health Tool of the Week: <strong>What is Depression?</strong></td>
<td>Health Tool of the Week: <strong>Mental Health – Let’s talk about it.</strong></td>
<td>HU TESTING SESSION St George: 8:30-12:15/1:30-4:15</td>
<td>HU TESTING SESSION Washington: 8-11:45/1-4:45</td>
<td>HU TESTING SESSION Washington: 8-11:45/1-4:45</td>
<td>National Depression Screening Day</td>
<td>HU TESTING SESSION St George: 9-12:15/1:30-3:15</td>
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<td>Health Tool of the Week: <strong>Child Health Day</strong></td>
<td>Columbus Day PEHP Offices Open</td>
<td>HU TESTING SESSION St George: 8:30-12:15/1:30-4:15</td>
<td>Global Handwashing Day</td>
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<td>Health Tool of the Week: <strong>PTSD Coach Online</strong></td>
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<td>Health Tool of the Week: <strong>Young or Old: Stop Bullying</strong></td>
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<td>HU TESTING SESSION Manti: 10-2:15/1:30-4:15</td>
<td>World Stroke Day</td>
<td>Halloween</td>
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<td><strong>World Stroke Day</strong></td>
<td>November Workout Warrior Registration opens</td>
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<td>HU TESTING SESSION Heber City: 8:30-12:15/1:30-3:15</td>
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**Sign up for a PEHP Healthy Utah testing session.**

**CLICK HERE**

**CLICK TO NAVIGATE**

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