

# BeWell News

Wellness Newsletter

Quarter 1 2015: MENTAL WELL-BEING

## MENTAL WELL-BEING



Mental well-being includes our emotional, psychological, and social health. It affects how we think, feel, and act. Mental well-being also helps us determine how we handle stress, relate to others, and make choices. Although stress, sadness, and overwhelming situations are a natural part of life - knowing the difference between what's a transient episode and what may be the signs of chronic mental distress could be a life saving observation.

Mental well-being is generally viewed as a positive attribute, even if the person does not have any diagnosed mental health condition. A positive mental outlook allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities. Ways to maintain positive mental health include: getting professional help if you need it, connecting with others, staying positive, being physical active, helping others, getting enough sleep, and developing coping skills.

Source: MentalHealth.gov

### Topics in this Issue:

- [Mental Well-Being](#)
- [Mind Body Connection](#)
- [Exercise Eases Symptoms](#)
- [Omega-3 Fatty Acids and Depression](#)
- [Healthy Recipe: Salmon & Roasted Vegetable Salad](#)

## COMING SOON!

**eMindful** is an evidence based online program geared toward developing stress management skills and mindfulness practices. Research has shown that participants in the eMindful program showed significant reductions in stress levels as well as improvements in sleep quality and heart function - all of which translates into better health, greater happiness, and higher productivity.

Starting in 2015, State of Arizona employees will have the opportunity to participate in online eMindful courses. More information to follow.



## Have you heard about HIP?

*The new wellness incentive program for eligible State employees.*



1. Register today by creating an account on the [Mayo Clinic Healthy Living Portal](#).
2. Self-report your wellness activities on the Mayo portal starting October 1, 2014 to September 30, 2015.
3. To view the upcoming wellness events, visit [Benefit Options Wellness](#).

4. Work with your agency wellness liaison to schedule a class or screening at your worksite and submit the [Event Request Form](#).

For more information about the program, please refer to the HIP section of the Wellness Page, or contact [wellness@azdoa.org](mailto:wellness@azdoa.org).



## Mind Body Connection

The mind body connection is how your body responds to the way you think, feel, and act. When you are stressed, anxious, or upset, your body tries to tell you that something isn't right. You may develop symptoms such as high blood pressure after a particularly stressful event. Or your body's immune system may weaken, making you more susceptible to colds and other infections. When you are mentally not feeling like yourself, you may not take care of your health as well as you should. You may not feel like exercising, eating nutritious foods, or taking medicine that your doctor prescribes. Abuse of alcohol, tobacco, or other drugs may also affect your mental well-being.

However, you can learn to use your thoughts to positively influence some of your body's physical responses, thereby decreasing stress. People who are mentally balanced are aware of their thoughts, feelings, and behaviors. They have learned healthy ways to cope with the stress and problems that are a normal part of life. They feel good about themselves and have healthy relationships.

When you are mentally unwell, your whole body suffers. Illnesses strike more frequently, and the road to recovery grows more difficult. Find ways to manage your stressors before they take a physical toll on your health.



## Exercise Eases Symptoms

When you are feeling stressed, anxious, or depressed, exercise often seems like the last thing you want to do. But once you get motivated, exercise can make a big difference. Research shows that the psychological and physical benefits of exercise can also help reduce anxiety and improve mood.

The links between anxiety, depression, and exercise aren't entirely clear — but working out and other forms of physical activity can definitely ease symptoms of anxiety or depression and make you feel better. Furthermore, exercise may also help keep anxiety and depression from coming back once you're feeling better.

Regular exercise helps ease symptoms in numerous ways, such as:

- **Releasing feel-good brain chemicals** that may ease depression (neurotransmitters, endorphins, and endocannabinoids).
- **Reducing immune system chemicals** that can worsen depression.
- **Increasing body temperature**, which may have calming effects.

Regular exercise has many psychological and emotional benefits, too. It can help you:

- **Gain confidence.** Meeting exercise goals or challenges, even small ones, can boost your self-confidence. Getting in shape can also make you feel better about your appearance.
- **Take your mind off worries.** Exercise is a distraction that can get you away from the cycle of negative thoughts that feed anxiety and depression.
- **Get more social interaction.** Exercise and physical activity may give you the chance to meet or socialize with others. Just exchanging a friendly smile or greeting as you walk around your neighborhood can help your mood.
- **Cope in a healthy way.** Doing something positive to manage anxiety or depression is a healthy coping strategy.

The mental health benefits of exercise and physical activity may last only if you continue it over the long term. Focus on finding an activity that you enjoy and stick with it!

Source: Mayo Clinic

## Mobile On-Site Mammography (MOM)

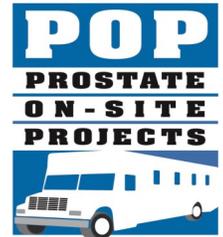
Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona. Benefit Options EPO plan members do not have to pay a copay at these events. Bring your Employee Identification Number (EIN) and/or Insurance card. *PPO members who have not reached their deductible will pay coinsurance.* **Participants will earn 50 points towards HIP.**

Call MOM at 480-967-3767 to schedule your appointment. To find a screening near you, visit the [Event Schedule](#).



## Prostate On-Site Projects (POP) Screenings

The State of Arizona offers FREE Prostate Cancer Screenings for benefit eligible, male employees 40 years and older. The POP mobile medical unit takes convenient, 15 minute appointments at your workplace.



Appointments required. Call today to find a screening near you 480-964-3013 or visit the [Event Schedule](#).

### What you Need:

- **United Healthcare** and **BCBSAZ** members please bring your Benefit Options insurance cards to your appointment.
- **Aetna** and **Cigna** members and **non-Benefit Options** members please bring your State ID badge and Employee Identification Number (EIN) to your appointment.
- **Retired Benefit Options** members please bring your Benefit Options card and your Employee ID Number (EIN).

**Participants will earn 50 points towards HIP and also be entered into a drawing for prizes.**

## Mini Health Screenings

**All State employees and Benefit Options members are eligible to participate in mini health screenings.**

The basic screenings are **FREE** and optional screenings are priced as listed:

- Height & weight; BMI; blood pressure; and percent of body fat (body composition).
- Cholesterol and blood sugar (fasting and non-fasting available).
- Facial skin analysis, free osteoporosis screen for women 40 and older.

Optional tests are available for additional cost and include:

- Hemoglobin A1C (diabetes) \$35
- C-Reactive Protein (CRP) \$58
- Complete Blood Count (CBC) \$22
- Thyroid Screen \$28
- Food allergy panel \$65 (non-fasting blood draw)
- Southwest inhalant allergy \$65 (non-fasting blood draw)



## How to Schedule a Screening at your Worksite:

- Speak with your supervisor and gain approvals for a worksite wellness screening.
- Contact Benefit Options Wellness at [wellness@azdoa.gov](mailto:wellness@azdoa.gov) or 602-771-9355.
- Provide the Wellness staff 30 day notice and two date options for your desired screening.
- Your complete request will be submitted and the designated contact person will be notified of confirmation.
- Receive flyers for event promotion throughout your agency.
- Healthwaves will set up 30 minutes prior to the screening on the event day.

**Earn HIP points for your participation in the screenings. Scheduling subject to change and availability. Visit the [Event Schedule](#) to find a screening near you.**

## DID YOU KNOW?

If you need support, you can always contact your Employee Assistance Program (EAP). Offering confidential support, resources, and information for personal and work-life issues, your EAP can help you and your family members deal with everyday challenges. Check your agency's intranet or speak to someone in your HR department for contact information for your EAP.

If your agency is a ComPsych customer, you have access to ComPsych at absolutely no charge to you. To contact ComPsych, call anytime.

CALL: **877-327-2362**

TDD: **800-697-0353**

ONLINE:  
[guidanceresources.com](http://guidanceresources.com)

WEB ID: **HN8876C**

# Salmon & Roasted Vegetable Salad

Toss roasted vegetables and salmon with a flavor-packed vinaigrette to serve on top of greens for a hearty dinner salad.

## INGREDIENTS

- 6 cups cubed (1/2-inch) peeled root vegetables, such as potatoes, turnips, carrots, and beets
- 3 tablespoons extra-virgin olive oil, divided
- 3/4 teaspoon freshly ground pepper, divided
- 1/2 teaspoon salt, divided
- 2 tablespoons sherry vinegar or red-wine vinegar
- 1 tablespoon minced garlic
- 1 teaspoon whole-grain mustard
- 1 teaspoon minced anchovy fillet or paste
- 8 cups mixed salad greens
- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained and flaked
- 2 scallions, sliced



## PREPARATION

- Preheat oven to 450°F.
- Toss root vegetables in a large bowl with 1 tablespoon oil, 1/2 teaspoon pepper, and 1/4 teaspoon salt. Spread in a single layer on a large rimmed baking sheet. Roast for 15 minutes. Stir and continue roasting until soft and golden brown in spots, 13 to 15 minutes more.
- Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, garlic, mustard, anchovy, and the remaining 1/4 teaspoon each pepper and salt in a large bowl. Reserve 2 tablespoons of the dressing in small bowl. Add the salad greens to the large bowl and toss to combine; divide among 4 dinner plates.
- When the vegetables are done, transfer them to the large bowl and gently combine with the reserved dressing, salmon, and scallions. Top the greens with the salmon and vegetables.

## Nutrition Facts

314 Calories; 12 g Fat; 2 g Sat; 8 g Mono; 24 mg Cholesterol; 32 g Carbohydrates; 21 g Protein; 7 g Fiber; 708 mg Sodium; 1010 mg Potassium  
Serving Size: 4, 1 1/2 Carbohydrate Serving, Exchanges: 2 starch, 1 vegetable, 2 1/2 lean meat, 2 fat

Source: *Eating Well*

## Omega-3 Fatty Acids and Depression

### Can omega-3 fatty acids stabilize mood and combat depression?

Omega-3 fatty acids, or essential fatty acids (EFAs), have numerous health benefits. It can help lower triglycerides, slow the hardening of arteries, regulate heartbeat, and lessen the risk of death in people with known heart disease. Research has shown that it is also possible that the omega-3 group may aid in treating depression. Omega-3 fatty acids can help form cell membranes, keep those membranes flexible, and regulate the flow of hormones and other chemical messengers, which may affect our mood. Increasing omega-3 intake has direct effects on serotonin levels, makes it easier for serotonin to pass through cell membranes.

Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function. Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.



Foods that contain omega-3s include seafood (salmon, tuna, mackerel, anchovies), beans, flaxseeds, walnuts, edamame, and enriched eggs. Fish oil is also rich in omega-3s, however you should not take fish oil capsules for depression or any other condition without consulting a doctor. The Food and Drug Administration does not have a recommendation of daily intake of omega-3s, but classifies three grams per day as "safe". Consumption of more than three grams should be discussed with your doctor first.

Source: *University of Maryland Medical Center*