

NEWSLETTER

MAY IS NATIONAL MENTAL HEALTH MONTH



Getting Past the Mental Health Stigma

Public perception about mental health has become much more positive in recent years, but some people still feel uncertain about seeking help. Whether you want to see a professional yourself, just have a few questions or are worried about attending an upcoming appointment, here are a few ways to put your mind at ease.

1. Know What to Expect

Don't fear the unknown! Speak with a friend who has sought help or do a little research on your own to understand what will happen at your first appointment.

2. Research Your Options

If you want to seek in-person help but don't know where to begin, simply search for mental health professionals near you or call your insurance provider. Next, eliminate anyone with an unrelated specialty until you have a list of professionals well-versed in your area of need. Finally, take the remaining names and look for online reviews that can point you in the right direction.

3. Check with your Health Insurance

Your provider may offer affordable coverage for local assistance. Check your policy and see what's covered and available to you.

4. Join a Support Group

Support groups are a safe space to share your problems and a reminder that you aren't alone. If you need extra encouragement in a specific area, see if there's a group near you.

5. Call an Anonymous Help Line

Suicide help lines are the most well-known phone service for mental health, but there are additional help lines that focus on other topics. Call in and ask a few questions in a safe, stress-free space.

Mentor
Public Schools

WWW.MENTORSCHOOLS.NET





FIND YOUR YEAR-ROUND ZEN

6 tips for a Healthier, Happier Daily Routine

BUSY SCHEDULES OFTEN LEAD TO EXCESS CALORIES. IT IS EASY TO GRAB THE MOST CONVENIENT OPTION WHEN YOU ARE RUNNING TWO HOURS BEHIND SCHEDULE, BUT A LITTLE PLANNING AND FOCUS CAN HELP YOU AVOID BINGE EATING.

SET A BEDTIME ALARM

You probably already set an alarm to wake up in the morning, but to ensure you are getting enough restful sleep, try setting a bedtime alarm too. It might just help you avoid accidentally staying up too late.

MOVE YOUR BODY

According to the Physical Activity Guidelines for Americans, most adults need about 150 to 300 minutes of physical activity each week—that is just around 30 minutes each day. Regular exercise can help regulate weight, mood, energy levels, and medical conditions like diabetes and hypertension (high blood pressure).

START EARLY

The early morning hours are a great time to meditate, stretch, practice yoga, read, or engage in other activities that help you get grounded and focused on the day ahead.

STAY HYDRATED

Fill a water bottle in the morning and refill it in the afternoon to ensure you are staying hydrated throughout the day.

BOOK IT

Plan your morning, afternoon, and evening routines in advance. By reserving time on your calendar, you will be more likely to follow through, especially if your workdays are already full.

CREATE A CHECKLIST

Use a checklist to make sure you complete the most important tasks each day. By monitoring your progress over the course of the day, you will know where to focus your energy as the day progresses.





BEGINNERS'S GUIDE TO STARTING A MEDITATION PROGRAM

Meditation has been described as “quiet and focused contemplation”¹ in order to “train or cultivate attention and awareness.”² It has also been linked to many health benefits, such as reducing stress and anxiety, improving mental clarity and focus, and even enhancing immune function.

If you are new to meditation, it might feel a little awkward at first. While there are many different forms, there are some common threads³. In general, a meditation practice requires little more than a comfortable space with minimal distractions and an open mind. Jon Kabat-Zinn describes the practice quite well in his book *Wherever You Go, There You Are*: “Meditation is simply about being yourself and knowing something about who that is.”

Here are some tips to find your Zen, and start a meditation practice of your own.

Minimize distractions

Find a quiet space where you will be uninterrupted, and choose a time that poses the least distractions, like early mornings.

Choose a guide

As a beginner, it is much easier to start out with guided meditations. Apps like Headspace and Calm offer short, 10- or 20-minute recordings that can help you explore the different styles of meditation.

Set a time limit

If you are using a guided meditation app, the time will already be set for you. If you are on your own, set an alarm to end at the desired time.

Breathe

Staying focused on your breathing will help prevent your mind from wandering to the meatloaf you are planning to make for dinner later or the electric bill that is due next week. Deep breathing exercises can add an element of focus to your practice.

Keep an open heart and mind

To keep your heart and mind open during your practice, do your best to maintain a spirit of gratefulness throughout your meditation.





Finding In-Person and Online Mental Health Resources

Specific mental health assistance depends on your age, unique situation and personal and medical history. However, there are a number of terrific in-person and online resources that can point you in the right direction or help you learn more.

Visit your family doctor. If you're comfortable sharing your troubles with your family doctor, they can help determine if there is a medical cause for your troubles and refer you to a specialist as necessary.

Check your insurance policy and compile a list of eligible providers.

Research local providers using the method described in the previous article.

Call a help line. A good general resource is the Treatment Referral Helpline from the Substance Abuse and Mental Health Services Administration (SAMHSA) at 1-800-662-HELP. The SAMHSA help line is a confidential, free, 24-hour-a-day, information service offered in English and Spanish. It is available to anyone facing mental and/or substance use disorders and provides referrals to local treatment facilities, support groups and community-based organizations. Callers can also order free publications and other information.

Psychologists and Psychiatrists and Therapists, Oh My!

There are several different titles for mental health professionals. Here's what they mean:

- **Therapist** is a broad, general term that can apply to a counselor, psychologist or psychiatrist or other mental health worker.
- **Psychologists** have advanced degrees in psychology (a PhD or PsyD) but do not have a medical degree. They are highly qualified to provide counseling but cannot prescribe medication in most states.
- **Psychiatrists** have a medical degree and can prescribe medication.
- If counseling/therapy is also required, they may provide this themselves or refer you to a psychologist.
- **Licensed Mental Health Counselors** have a master's degree in psychology, counseling or a related field. They must also have an additional two years of experience working with a qualified mental health professional after graduate school.

Find Your Purpose

What makes you feel happy and fulfilled?

Are there goals you can set and changes you can make to feel that way more often?





Chocolate Green Smoothie

INGREDIENTS

1 1/2 cups of Kale
1 banana
1 1/2 cups hemp milk
1 Tbls cacao powder
3 Tbls help hearts
3-4 ice cubes

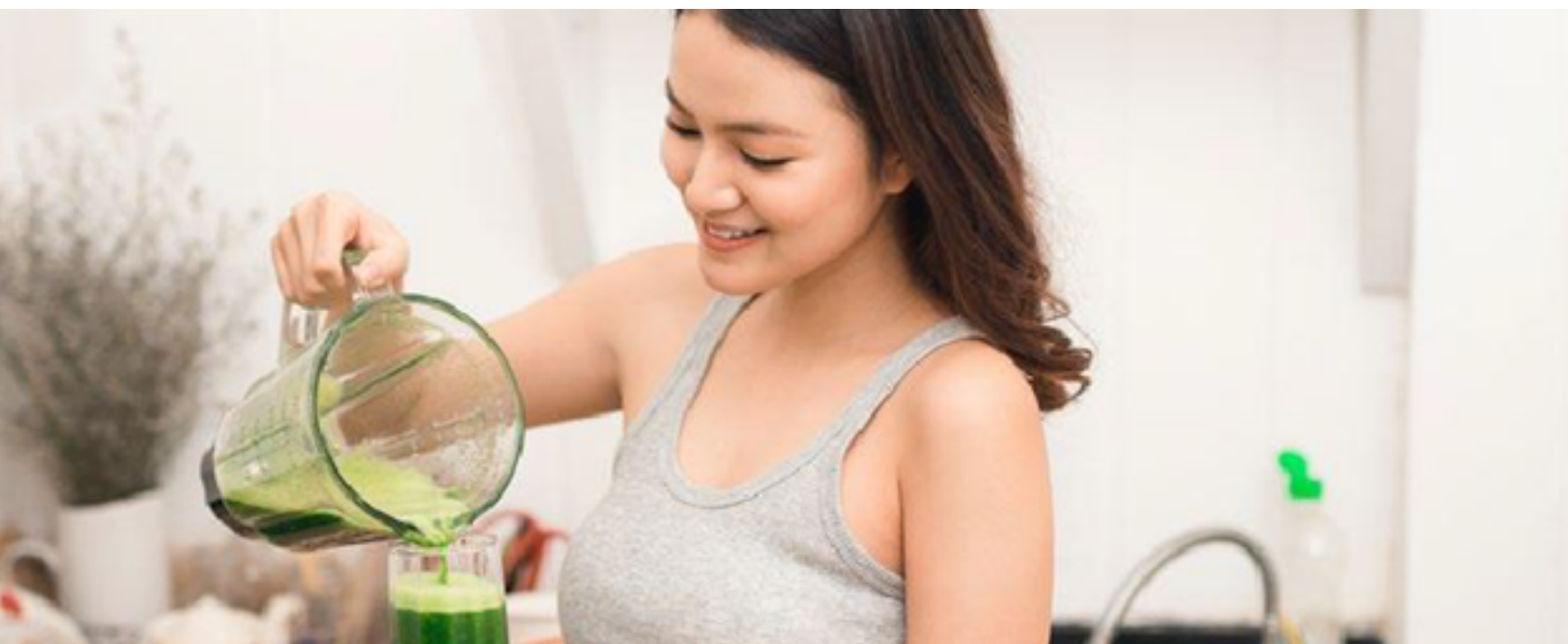
INSTRUCTIONS

1. Add all ingredients into a high speed blender.
2. Blend on high for 30 seconds to 1 minute, until smooth and creamy.
3. Pour into a glass, top with more help hearts and enjoy!

NUTRITIONAL INFORMATION

Calories 362
Fat 33.5
Fiber 7.7 g
Sugar 4.4g
Protein 7.5

SOURCE: Navigate Wellbeing Solutions recipe library courtesy of Megan Roosevelt, registered Dietitian and Nutritionist.



Resource Advisor is here with help for life's issues



Receive personalized counseling, financial, and legal help

Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call **1-888-209-7840**.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

Support when you need it

Contact Resource Advisor:

- **Phone:** **1-888-209-7840**
- **Online:** **www.ResourceAdvisor.Anthem.com**
(Log in with program name AnthemResourceAdvisor.)

Helpful resources you can count on

Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit www.ResourceAdvisor.Anthem.com and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns
— no matter how big or small**

**Call 1-888-209-7840 or visit
www.ResourceAdvisor.Anthem.com to receive
support and guidance, whenever you may need it.**

1. The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3. LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

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✂ Cut out this wallet card and keep it with you when you travel.

AnthemLife 

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Receive support, advice and resources, 24/7

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