

# Employer wellness newsletter



## Understanding the facts about Depression and finding support

More than one in every 20 adults in the U.S. suffers from depression each year.<sup>1</sup> Feelings of ongoing sadness and a loss of interest in the things you once enjoyed are potential symptoms of depression. Unlike normal sadness or grief, depression won't go away on its own. Without help it can have a serious impact on your overall health. The good news is there is a lot of help and support for people suffering with depression.



What are some causes of depression?<sup>2</sup> Stress and depression often go together. Facing life challenges like losing a job, money problems, the end of a relationship, or the loss of a loved one can all trigger depression. Even positive changes in your life – like a new baby or work promotion – can cause stress that could lead to depression. If you have a close family member with depression, it might increase your risk. Depression can sometimes be a symptom of another illness, so it's important you talk to your doctor to rule out any other health issues.



How do I know if I'm depressed? Although depression may occur only once during your life, you could be depressed if you experience all or some of these feelings nearly every day.<sup>3</sup>

- Sadness, anxiety, emptiness, or hopelessness
- Anxiety, frustration, restlessness, or irritability
- Loss of interest in favorite activities
- Problems concentrating, remembering, or making decisions
- Trouble sleeping, waking too early, or oversleeping
- Eating too much or not wanting to eat at all
- Unexplained health concerns like headaches, stomach issues, or chronic pain
- Recurrent thoughts of death or suicide

1 National Institute of Mental Health, Major Depression Among Adults (accessed December 2016): <http://www.nimh.nih.gov/health/statistics/prevalence/major-depression-among-adults.shtml>

2 WebMD, Common Causes of Depression (accessed December 2016): <http://www.webmd.com/depression/common-causes>

3 Center for Disease Control, Mental Illness: Depression (accessed December 2016): <http://www.cdc.gov/mentalhealth/basics/mental-illness/depression.htm>

## Consultant's corner

Sleep, it seems like such a simple concept. Lie down, close your eyes, and sleep soundly for 8 hours. Unfortunately, hectic lifestyles, medical conditions, pandemics, and even binge-watching TV shows get in the way of a good night's sleep. Most of us have felt tired or groggy in the morning, hence the need for the ritual cup of Joe to kick start the morning. Companies have made fortunes off our poor sleep habits and subsequent caffeine needs. In the workplace, poor sleep leads to poor concentration and work performance, otherwise known as "presenteeism." It can even impact our mental health and wellbeing.

Help educate your employees so they can get the best sleep possible by promoting these resources:

[Are you getting enough sleep?](#)

[Sleep Apnea – signs and complications](#)

[SleepFoundation.org](#)



Anthem Well-Being Consultant  
Bryan Grande, MS

### 2023 Spring Anthem Virtual Wellness Roundtable Series – Food Security & Nutrition Health

Wednesday, May 17<sup>th</sup> 10AM – 11:30

[Register](#) today!

## A healthy tip for your employees

If you or someone needs help now, call the National Suicide Prevention Lifeline at 988 or 800-273-8255 (TALK) or call 911 right away.



## Health and wellness calendar

Anthem's health and wellness calendar helps you engage your employees and keep them informed about health topics and resources.

You can download the [health and wellness](#) calendar today.

## UPCOMING VIRGINIA EVENTS

May 6|Richmond, The Diamond

### ASK 5K & Fun Walk

Save the date for the ASK Childhood Cancer Foundation for a Fun Walk and Run.

Supports: **ASK Childhood Cancer Foundation**

Visit <https://www.askccf.org/> for details.

June 8|Richmond – In Person

June 1-8|Richmond – Virtual

### Anthem Corporate Run

This corporate 5K run/walk through Innsbrook Office Park is a perfect opportunity for coworkers to bond after business hours in a fun, healthy way. After, take part in the biggest party in Richmond.

Visit <https://runsignup.com/Race/VA/GlenAllen/corporaterun>

Supports: **Fit4Kids**

Check with your Anthem representative to see if any of the programs mentioned in this e-newsletter are available to you.

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# Health & Wellness Newsletter

May 01, 2023

## The Plus Side of Positivity

Positive thinking can be a choice. Is the glass half-full, or half empty? The truth depends on your outlook. Even when things seem grim, you can practice positive thinking and action. Doing so can boost your overall health by helping you:

- Keep a healthier mind and body.
- Cope with stress.
- Build trust and compassion.
- Become a happier person.
- Enjoy more hopeful living.
- Live longer.

### **How powerful is optimism to your health?**

An eight-year study of women found that those with a more positive disposition were significantly less likely to die prematurely from major illnesses. How? Researchers found that not only did optimism tend to promote healthier choices that encourage longer life; they believe it also affects different systems in the body. The study results showed that the most positive women were:

- Over 50% less likely to die from infection.
- Nearly 40% less likely to die from heart disease, stroke and respiratory illness.
- Almost 20% less likely to die from cancer.

Another study showed that pessimistic men were twice as likely to develop heart disease than their more cheerful counterparts. And, generally, individuals who tend to see blue skies instead of gray may also:

- Recover faster from surgery.
- Reduce the levels of cortisol (stress hormone) and adrenaline.
- Lower their risk of high blood pressure.
- Strengthen their immune system.
- Protect blood circulation and lessen the risk of blood clots.

- Experience better physical and mental functioning overall.

## Positive vs. Happy

Being positive doesn't mean every day is going to be sunny and perfect. For instance, you can have health, money or relationship problems, but still be optimistic about bettering your situation. And being happy doesn't necessarily mean someone is always positive. A pessimist can feel overjoyed at winning the lottery, but still feel like everyone will try to take his or her money.

Positivity comes from your mindset. It's what you think, feel, do and say that helps you function and thrive. Positive thinkers learn ways to work around hard times and get what they need for the life they want.

Sources:

"Positive Thinking: Stop Negative Self-Talk to Reduce Stress." Mayo Clinic, 18 February 2017. Web. 26 December 2017.

<http://www.mayoclinic.org/heal...>

"Positive Emotions and Wellbeing." Psychology Today, 06 November 2016. Web. 27 December 2017.

<https://www.psychologytoday.co...>

"Optimism and Its Impact on Mental and Physical Well-being." National Institutes of Health, 14 May 2010. Web. 23 January 2018.

<https://www.ncbi.nlm.nih.gov/p...>

"How Power of Positive Thinking Works." The Harvard Gazette, 07 December 2016. Web. 23 January 2018.

<https://news.harvard.edu/gazet...>

"Optimism and Your Health." Harvard Medical School, May 2008. Web. 23 January 2018.

<https://www.health.harvard.edu...>



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# With you every step of the way

Emotional Well-being Resources offer help when you need it



Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you and your household live your happiest, healthiest lives.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Log in to [anthem.com](https://www.anthem.com), go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.

Effective: 1/1/22

## A wealth of resources at your fingertips



### Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



### Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



### Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



### Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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