

Wellness News

May 2024

This issue

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“Never underestimate the power of a single act of kindness.”– Dr. Betty Shabazz



Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone’s camera to download the Sydney Health app.

Tip: Anthem.com and Sydney Health use the same username and password!

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://www.988lifeline.org), or text the Crisis Text Line (text HELLO to 741741).



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www.nimh.nih.gov

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Mental Health Awareness

Mental health is an important part of overall health for children and adolescents. Many adults with mental disorders had symptoms that were not recognized or addressed in childhood or adolescence.

Depression is a common but serious mood disorder. It causes severe symptoms that affect how someone feels, thinks, and handles daily activities, such as sleeping, eating, or working

Post-traumatic stress disorder (PTSD) develops in some people who have experienced a shocking, scary, or dangerous event. Nearly everyone experiences a range of reactions after a traumatic event, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. Anyone can develop PTSD, including children, teens, and adults, who have been through physical or sexual assault, abuse, accident, disaster, war or combat, or other serious events

Mental health is a key component of primary care. It's estimated that as many as 70% of primary care visits are driven by a person's mental health issues.

Anthem Members: Please utilize the **Emotional Wellbeing Resources (EWR)**, ages 13+ and Mental Health Support through the **Virtual Care Center Sydney Health** app select **MENU, ACCESS CARE**, then, **Virtual Care** or **My Health Dashboard**, then **Featured Programs** to find the above program and others available to you and your covered loved ones.

How to Support Teenage Mental Health



How to support teenage mental health Mental health conditions in teens are more than just age-related angst. They are real, common, and treatable. The Centers for Disease Control and Prevention’s Youth Risk Study 2011–2021 has revealed a significant increase in the rates of teen anxiety, depression, and suicide.* That’s why it’s vital to support teenagers’ mental health and know the early warning signs of self-harm.

What could cause poor mental health in teens?

From the age of 10 to 20, many things shape mental health, including:

- Demands of school, sports, and work
- Family conflicts and changes
- Gender identity
- Lack of sleep
- Peer pressure and changes in relationships
- Social media use

Signs and symptoms of mental health issues in teens If you’re around teens, be aware of:

- Changes in eating, exercise habits, or sleep.
- Isolation from friends or withdrawal from activities.
- Negative comments about themselves.
- Prolonged mood changes, such as persistent sadness, anger, or anxiety.
- Talk of hurting themselves or feeling hopeless, trapped, or in pain.
- Use of alcohol or drugs

How you can support a teen’s mental health

Teens want to know someone cares for them. Part of caring includes setting limits. When giving support, it’s important to:

- Accept them for who they are, encourage them to talk openly, and listen without judging.
- Encourage them to be involved in school, sports, or other activities, but don’t pressure them to achieve.
- Let them work through smaller issues and negative feelings to build coping methods.
- Make sure they’re getting enough sleep and keep phones out of bedrooms at night.
- Talk with them about what they see on social media. Set time limits, especially for younger teens.

Take the threat of suicide seriously.

If you or someone you know is in crisis or has suicidal thoughts, seek help right away. Call **988** to reach the 24/7 National Suicide Prevention Lifeline or chat with them at 988lifeline.org. If it’s an emergency, call 911 or go to your nearest emergency room

What to do when someone needs help

If a friend or family member is showing signs of a mental health issue:

- Schedule a visit with their regular doctor.
- Encourage them to meet with a counselor at school or talk with a therapist.
- Check if your health plan or employer has an Employee Assistance Program (EAP) for mental health resources. Finding help health resources. Talking with a doctor or therapist can help.
- Minimize access to means of self-harm, such as firearms, prescription medicines, and sharp objects like razors or knives.

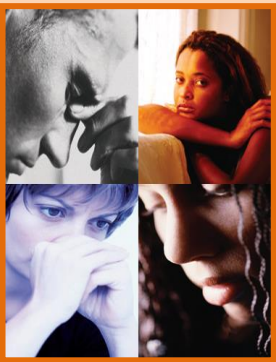


Finding Help

Talking with a doctor or therapist can help. Locate a doctor or talk with a therapist by video or text using our SydneySM Health mobile app. Talk to a nurse for guidance 24/7 by calling the [NurseLine](#) at the number on your health plan ID card.

To find a care provider in your plan’s network, use the [Find Care](#) feature on our Sydney Health mobile app CARE on the bottom navigation bar. **Check out [Community Resources](#) select MENU then ACCESS CARE, then Community Resources.**

Sources: American Foundation for Suicide Prevention: Risk factors, protective factors, and warning signs (accessed July 2023): afsp.org. Centers for Disease Control and Prevention: Adolescent and School Health, Mental Health (accessed July 2023): cdc.gov. U.S. Department of Health and Human Services, Office of the U.S. Surgeon General: Youth Mental Health (accessed July 2023): hhs.gov. World Health Organization: Mental health of adolescents (accessed July 2023): who.int. * Centers for Disease Control and Prevention: Youth Risk Behavior Report 2011–2021 (accessed July 2023): cdc.gov.









Suicide is a major public health concern. More than 48,100 people die by suicide each year in the United States; it is the 11th leading cause of death overall. Suicide is complicated and tragic, but it is often preventable. [Suicide - National Institute of Mental Health \(NIMH\) \(nih.gov\)](https://www.nimh.nih.gov)



Call 988 or 988lifeline.org

Your Role In Preventing Suicide

Take any signs that someone might be considering suicide seriously. If you are concerned about someone close to you, these are **six actions you can take**:

 <p>Reach out</p>	<p>Ask direct questions, such as: "Are you thinking about suicide?" or "Have you tried to harm yourself?" This won't make things worse — allowing someone that's hurting to open up in a safe space may actually reduce suicidal thoughts.</p>
 <p>Listen</p>	<p>Allow the person to talk openly through what they're thinking and feeling, and take their answers seriously. Let them know you care.</p>
 <p>Build connections</p>	<p>Help them create a network of people to talk to when they're struggling. Start by encouraging them to see their regular doctor and a therapist right away.</p>
 <p>Keep them safe</p>	<p>Do what you can to reduce access to means of self-harm, such as guns, prescription medicines, razors, or knives. Encourage them to call, text, or chat the 988 Suicide & Crisis Lifeline (988 or 988lifeline.org) if they're dealing with suicidal thoughts — it's free, confidential, and available 24/7. Save the number as an emergency contact in their phone.</p>
 <p>Know when to get more help</p>	<p>If someone you know has made a suicide attempt or says they have plans to do so, seek help right away. Don't leave the person alone — call 911 or take them to an emergency room.</p> <p>You can also call, text, or chat the 988 Suicide & Crisis Lifeline to talk with a crisis counselor. They can offer support and connect you with local resources.</p>
 <p>Follow up</p>	<p>Staying in touch after a crisis makes a difference. Keep reaching out, even after you think they may be feeling better.</p>



Regular physical activity is critical for overall health, but many people struggle to prioritize it. However, with the right strategies, you can seamlessly incorporate exercise into your daily schedule, whether at home or in the office.

The key is to **establish a routine** that suits your lifestyle. If you're a morning person, wake up 30 minutes earlier for an at-home workout. Alternatively, schedule workout sessions during your workday and adhere to them. Dressing in workout attire can boost your motivation to exercise.

Try multitasking during your workout. Take your wireless work calls during a stretch or a walk. Pair a podcast or TV series with your exercise routine; entertainment can make your workout fun and time-efficient.

A **workout companion** can be an excellent motivator. Consider finding a partner with similar fitness goals and schedules. Take turns in picking exercise routines and encourage each other.

Start with small, **realistic fitness objectives** rather than scale-related goals. Every small amount of activity, like a short walk or stair climbing, contributes substantially to your physical and mental health. Try new activities and select a workout routine that you genuinely enjoy, making exercise feel less like a task. There's an array of exercises, from cycling and dancing to strength and stretching routines, to choose from. Aim for about 30 minutes of moderate activity daily, or around two-and-a-half hours a week and remember to keep it enjoyable.

Always talk to your doctor before starting any new kind of exercise regimen.

Move your own way:

How to stick to a workout routine at home or the office

Instructions

Tricep dips



1. Stand with your back to the front of a chair that doesn't have wheels. Sit down on the edge of the seat and grab the edges of the seat so your fingers wrap underneath.
2. Now slide off the seat and extend your legs straight in front of you, with your heels on the ground and toes pointing up.
3. Slowly bend your elbows and lower your body as close to the ground as you can. Pause and push yourself back up into starting position.

Desk pushups



1. Stand a few feet away from your desk. Carefully place your palms on the desk and lean against it, with your hands on the desk positioned slightly wider than your shoulders and your arms stretched out straight.
2. Lower yourself until your chest almost reaches your desk. Then return to the starting position, like you would with a regular pushup.

Squats



1. Stand tall, with your feet shoulder-width apart and your hands stretched out in front of you.
2. Lower your body down by bending your knees and hips, as if you're sitting down in a chair. Keep your back straight and arms out.
3. Return to the starting position.

Bridge



1. Lie faceup on the floor, with your knees bent and your feet about hip-width apart. Your head and neck should both be touching the ground.
2. Squeeze your glutes and your abs while you lift your hips toward the ceiling. Lift your hips as high as you can go without arching your back.
3. Hold the position for a few breaths. Then slowly lower back to the ground.

<https://www.anthem.com/blog/workout-at-home-or-office/> Sources: American Heart Association: heart.org, Centers for Disease Control and Prevention: cdc.gov, Cleveland Clinic: clevelandclinic.org, National Academy of Sports Medicine: nasm.org.

Anthem members: Connect a device to track steps or manually add your steps for the various activities that you do to incorporate physical activity into your day! Sydney mobile app. MENU, then ACCESS CARE, Connect a device and much more!

Roasted Chicken with Spring Veggies

Makes: 4 servings

Full of: Bright flavors, High Fiber

Ingredients

- 3 ½ lbs. skin-on bone-in chicken quarters
- Kosher salt & freshly ground pepper
- 1 lemon, halved
- 3 tbsp extra virgin olive oil
- 1 lb. fingerling or other small potatoes
- 2 bunches radishes
- 1 bunch scallions
- 1 bunch baby carrot
- ¼ cup chopped fresh dill

Instructions

1. Preheat the oven to 500 degrees F.
2. Rinse the chicken and pat dry. Season with salt and pepper, then place skin-side up on a rimmed baking sheet.
3. Squeeze 1/2 lemon over the chicken and drizzle with 1 tablespoon olive oil. Roast 15 minutes.
4. **Meanwhile**, cut the potatoes and radishes in half and cut the scallions into thirds.
5. Toss the potatoes, radishes, carrots and the remaining 2 tablespoons olive oil in a bowl; season with salt and pepper.
6. Remove the chicken from the oven and scatter the vegetables around it.
7. Continue to roast until the vegetables are tender and the chicken is golden and cooked through, about 20 more minutes.
8. Squeeze the remaining 1/2 lemon over the chicken and vegetables.
9. Top with the dill and season with salt.

Categories: [Easy Chicken](#) [Chicken Recipes](#) [Poultry](#) [Easy Main Dish](#) [Main Dish](#) [Roast Recipes](#) [Passover](#) [Spring](#) [Gluten Free](#) [High Fiber](#)



Anthem members: Click this link to check out the **Nutrition Tracker**, which is included for free within Sydney. Also take advantage of the **Eat Healthy Action Plan**. Do your eating habits need an overhaul? If so, let us steer you in a new direction. This action plan is packed with meal plans, recipes and nutrition tips that will help you approach eating in a whole new way! Don't wait get started today! Login to Sydney, select **MENU** on bottom navigation bar, **ACCESS CARE, My Health Dashboard** then **Action Plans, Nutrition Tracker and much more!**