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May is Mental Health Awareness Month!

Mental health does not receive nearly the publicity that it should compared to other elements of wellness. Even though one in five Americans suffer from mental illness, and over a million mental health screenings were completed online at Mental Health America last year alone, the topic remains taboo to many.

Millions of people suffering from extreme stress, anxiety, or depression may not be receiving the care they need. In fact, less than 50% of those with a diagnosis in mental health sought guidance. This could be due to the fact that a recent survey showed that less than 25% of those diagnosed with a mental illness thought people to be considerate of their condition.

Nevertheless, MedBen WellLiving has always supported a honest relationship with your physician, including discussing symptoms of extreme stress, anxiety, and depression. Such common symptoms include behavior straying from a person's norm, such as a social person now isolating themselves or an active person now sleeping the majority of the day (or not at all). Eating habits can also change when someone is suffering from a mental illness.

Recognizing these symptoms within oneself is important, but so is recognizing them within others. If you believe that you or someone you love may be suffering from a mental illness, seek guidance immediately. Your family physician should be able to guide you through the correct steps.



Alleviate Some Stress.

Stress can lead to many other illnesses. Here are some ways to rid some stress.

- The Anxiety and Depression Association of America says to go for a 10 minute walk! It's just as good for you as a 45 minute workout.
- Blow bubbles... seriously, it regulates your breathing.
- Set small, daily goals and aim for daily consistency rather than aiming for the perfect workout.
- Biking, dancing, and gardening are all at the top of WebMD's list of best exercises for depression.
- Yoga, if done correctly, eases the mind and lowers the heart rate.
- If you like to be around people, join an exercise class at a local gym. Having a support system will help to keep you motivated.

SOURCES: WebMD, MHA, Mayo Clinic, CDC, NAMI, ADAA

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