

HEALTHY MINDS

September 2013

NEWS YOU CAN USE

Do Not Forget These Other Great Resources:

Healthwise® Handbook, the 24-Hour Nurse Line, Nurse Online Chat, Audio Health Information Library® and you can go online to www.express-health.com for links to reliable health information.

Challenge:

If you or someone you knows personality has changed and may be dealing with emotional distress or possibly considering suicide, call 1-800-273-TALK (8255).

Sources:

<http://www.mentalhealthamerica.net/go/may>

<http://www.mentalhealth.gov/basics/what-is-mental-health/index.html>

<http://blog.womenshealthmag.com/coop/tag/mental-health/>

http://www.health.com/health/gallery/0,,20694928_8,00.html

EXPRESShealth
A PROGRAM OF SPECTRUM HEALTH SYSTEMS

8200 Haverstick Road, Suite 150
Indianapolis, Indiana 46240

MAIN: 317.573.7600

FAX: 317.573.7667

TOLL-FREE: 888.573.1568

www.express-health.com

www.spectrumhs.com



Wellness is more than the absence of disease. Our overall wellbeing relies on a balance between the mind, body and spirit. Mental health is an essential component of our overall health and includes emotional, psychological and social well-being. It affects how we think, act and feel.

Mental health problems are common among all age groups; in fact, the Centers for Disease Control reports that 1 in 4 adults and 1 in 5 children in the United States have a mental illness. Mental health problems have nothing to do with being lazy or weak. Many factors contribute to mental health problems including family history, physical illness or injury and traumatic life experiences.

EARLY WARNING SIGNS:

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem.

- Eating or sleeping too much or too little.
- Pulling away from people and usual activities.
- Having low or no energy.
- Feeling numb or like nothing matters.
- Having unexplained aches and pains.
- Feeling helpless or hopeless.
- Smoking, drinking, or using drugs more than usual.
- Feeling unusually confused, forgetful, on edge, angry, worried or scared.
- Frequently yelling or fighting with family and friends.
- Experiencing severe mood swings that cause problems in relationships.
- Having persistent thoughts and memories you can't get out of your head.
- Hearing voices or believing things that are not true.
- Thinking of harming yourself or others.
- Inability to perform daily tasks like taking care of your kids or getting to work or school.

WAYS TO MAINTAIN POSITIVE MENTAL HEALTH:

- Connect with others. Strong relationships tend to protect against depression and promote happiness.
- Stay positive. Optimism (even faking it) helps with coping, so focus your thoughts on the positive.
- Get physically active. Even modest exercise boosts mood and eases symptoms of depression and anxiety.
- Get enough sleep. Lacking sleep can lead to stress and irritability. Make sleep a priority by having a healthy bed time routine.
- Develop healthy coping skills. Such as deep breathing, journaling or relaxation.
- De-clutter your home and work space. Clutter can make us feel weighed-down. Instead of spending money on stuff, spend it on experiences.
- Limit alcohol intake to a moderate level. This means one drink a day for women and two for men. Alcohol depresses the nervous system taking your mood down with it. It can also interfere with your sleep.
- Express emotions, even the negative ones. Communicate anger in an assertive and calm manner. Studies have shown that suppressed anger is associated with depression.
- Set aside time for family, friends and hobbies. Your schedule should reflect your values and priorities.
- Get professional help if you need it. To find mental health services near you go to <http://findtreatment.samhsa.gov>.