

# PURSUIT

May 2016

Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You

## Mental Health is Important to Your Health

May is National Mental Health Month. Mental health helps you cope with whatever extras the universe throws your way, in addition to normal day-to-day stressors. Maintaining your mental health is necessary for your well-being, your ability to work productively; to engage with family and friends; and to give back to your community.

Mental illness is a health condition that damages your mental health, characterized by changes in thinking, mood, and/or behavior that can lead to impaired functioning. Mental illness is considered an invisible issue—unlike a

physical injury, like a broken limb we can see. According to the National Alliance on Mental Illness, one in four adults in the United States experience mental illness in a given year, so chances are you know someone impacted by mental illness. For those facing challenges, disgrace and a lack of understanding can lead to an unwillingness to talk about it or seek the help they need. So this month, take a moment to focus on your own mental health.

**Source:** [http://www2.nami.org/factsheets/mentalillness\\_factsheet.pdf](http://www2.nami.org/factsheets/mentalillness_factsheet.pdf)



## ICU: Supporting Mental Health in the Workplace

The ICU Program is designed to create an environment at work that supports emotional health. Available to all employees and employers at no additional cost, it outlines three steps that allow employees to voice concerns and find out what services are available for help. It relies on taking a moment to listen and communicate respectfully by

saying “I See You” to peers who may be in distress, have an emotional or psychological illness or an injury.

The program is based on three steps:

1. **Identify** - the signs
2. **Connect** - with the person
3. **Understand** - the way forward together

To learn more about how to identify the signs of distress, [click here](#) to watch the ICU video.

## Know Where to Get Help

By simply caring and connecting, we can support each other and improve the emotional health of our team. A number of benefits are available to provide help when you or a co-worker is in distress. Employee Assistance Programs (EAPs) are a great first step towards finding the right type of help for a variety of needs. EAPs can often provide a first assessment of needs, in addition to a referral for short-term counseling/support for a variety of issues that are impacting you at work and/or at home. No problem is too big or too small.

So whether you need help online, by phone or in-person, your EAP provider is there to offer services that are free, confidential, and professional. To find out more about what EAP services are available to you, contact your Human Resources department.



IN THIS ISSUE

Help stop the Stigma

Osteoporosis Prevention

Ask the Health Coach

Recipe of the Month

# Understanding Osteoporosis:

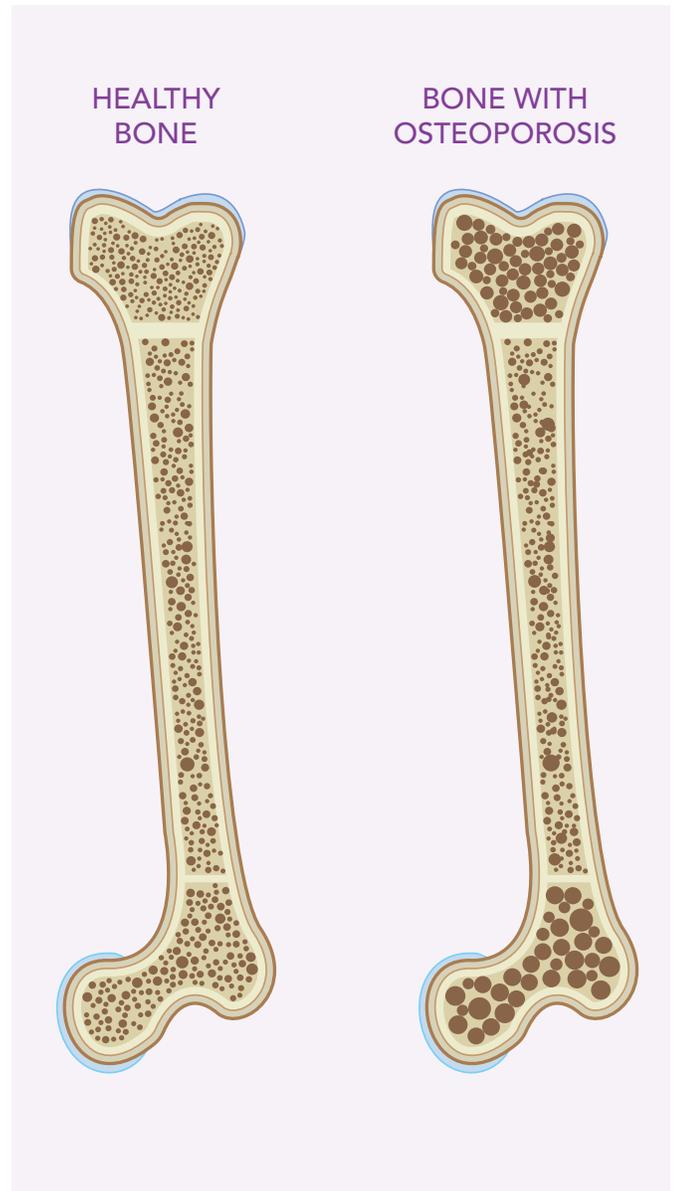
Osteoporosis is the loss of bone tissue which causes the bone to become fragile and brittle. This can lead them to break easily and is a concern in the spine, hip, and wrists. It is considered a silent disease because people are often unaware their bones are losing strength until a bone breaks. It's important to take steps to keep your bones strong and prevent osteoporosis.

In order to prevent the disease, build bone mass by focusing on these three areas:

- **Calcium**- A mineral that helps build strong bones and teeth, calcium is a key to preventing osteoporosis. Calcium can be found in foods such as milk, cheese, yogurt, kefir, fortified cereals, juices, and even canned sardines and salmon. Calcium can also be found in leafy green vegetables like spinach, broccoli, kale, and collard greens, but they contain phytic and oxalic acids which bind to the calcium and make it unavailable for the body to use. Calcium can also be found in supplement form.
- **Vitamin D**- A fat-soluble vitamin that helps the body absorb calcium. The primary source of the vitamin comes from the sun's UV rays, which encourages the body to create the vitamin when they hit the skin. While it's only found in a few foods such as canned tuna, salmon and eggs, it's often taken as a dietary supplement.
- **Weight bearing activity**- Participating in activities to strengthen the bones helps to decrease the chance of a break. A daily combination of 30 to 60 minutes of weight-bearing, endurance and strength-training exercises to maintain bone strength.

A bone density test can provide information about the amount of bone tissue you have and whether you are at risk for osteoporosis and fractures. Talk to your health care practitioner during your annual well visit this year about your bone health to find out more about keeping your bones healthy.

**References:** National Institutes of Health- [nihseniorhealth.gov](http://nihseniorhealth.gov)  
National Institute on Aging- [nia.nih.gov](http://nia.nih.gov); [webmd.com](http://webmd.com); Foundation for Osteoporosis Research & Education- [fore.org](http://fore.org); The Centers for Disease Control and Prevention (CDC)- [cdc.gov](http://cdc.gov); American College of Sports Medicine (ACSM)- [acsm.org](http://acsm.org)



## Ask the Health Coach: How to stay active while at work

**Q:** I realize that I sit all day long while I'm at work. What can I do to add more physical activity to my work day?

**A:** There is a lot of research around the health effects of a sedentary lifestyle, especially at work. It's important to get up and move during your workday, even if you're consistently exercising most days of the week.

Here are a few ways to stay active at work:

- Standing burns more calories than sitting. So, every 30 to 60 minutes get up and take a walk or stretch break. Try standing while talking on the phone. Instead of sending an email to a coworker, walk over to their desk.
- Park further away in parking areas.
- Keep resistance/stretch bands at your desk to do gentle stretching exercises.
- Do arm curls with small weights between calls and meetings.
- Organize a walking group at lunch or during breaks. You can also arrange walking meetings instead of sitting in a conference room or on the phone.
- Take the stairs instead of the elevator.
- Walk to work or ride a bike. If you take the bus get off a couple of stops earlier and walk.
- Stay hydrated, avoiding sugary drinks and caffeine. Keep water on hand and try to use a smaller bottle, which will require you to get up more often to refill it.

It is important to be safe in choosing activities and explore different options so that you can find what works best for you.

**Resources:** [mayoclinic.org](http://mayoclinic.org); [webmd.com](http://webmd.com)

# Fresh and Healthy Recipe of the Month

## Salmon Cakes

Crab cakes are a popular dish, but not always practical or affordable. This quick and easy recipe uses salmon and other ingredients that can be kept on hand for preparation on busy days.

**Serving Size:** 2 patties

**Serves** 2

### Ingredients:

- 1 7.5-ounce can salmon, skin removed
- ¼ cup plain, dry bread crumbs
- ½ cup finely chopped red onion
- 2 tablespoons chopped fresh dill, or 1 teaspoon dried
- 1 egg, lightly beaten
- 1 tablespoon reduced-fat mayonnaise
- 2 teaspoons horseradish
- Vegetable oil cooking spray

### Directions:

1. Mix all the ingredients except the cooking spray in a medium-size bowl.
2. Form into 4 equal-size patties.
3. Coat a medium nonstick pan with the cooking spray; heat over medium heat.
4. Cook the salmon cakes on both sides until golden brown.

Chili sauce may be used instead of horseradish. This is an easy and inexpensive way to reel in omega-3s, fish fat with anti-inflammatory properties that also may help fight heart disease.

**Nutrition:** Calories: 280; Total fat: 11g; Saturated fat: 2.5g; Cholesterol: 155mg; Sodium: 300mg; Total Carbohydrate: 16g; Dietary Fiber: 1g; Protein: 27g.

*Recipe courtesy of Eatright.org*

