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| HEALTHY MIND BASICS

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- 01 Mental Health in America
- 02 Definitions and Influences
- 03 Benefits and Opportunities
- 04 Resources

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Mental Health in America

- Estimations show that only 17% of U.S. adults are considered to be in a state of optimal mental health
- Mental illnesses are common in the United States. Nearly one in five U.S. adults live with a mental illness (46.6 million in 2017).
- In the United States, only 42.6 percent of the people who had a mental disorder in the past year received professional health care or other services.



Mental Health in the Workplace

Workplace

- Mental health
 - Many times individuals will not seek treatment (fear of affect on their job, unsure of benefits, concerns with confidentiality)
- Depression
 - One of the top three workplace problems for employee assistance professionals

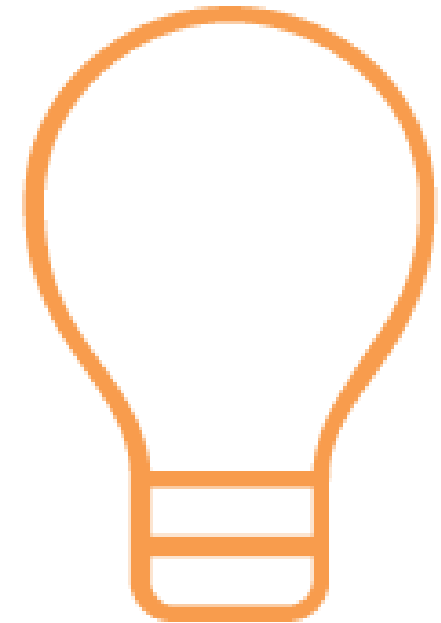
<http://www.depression.org/>

Centers for Disease Control and Prevention. Mental Health Screenings. Healthier Worksite Initiative¹

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Mental Health Definitions and Influences

- Integration of mind, body, and spirit
- Biological factors:
 - Changes in the nervous system
 - Medication
 - Illness
 - Family history
- Social environment:
 - Losses
 - Traumatic events
 - Stress
 - Low economic status



Overall Wellness for Mental Health

- Good nutrition
- Physical activity
- Adequate sleep
- Positive relationships
- Pursuing positive thinking
- Positive attitude at work



Benefits and Opportunities

- Declining brain cells
 - Starts in the mid 20s
 - Can be stimulated for growth
- Using your brain
 - Forms new neural connections
- Engage in regular mental health activities
 - Crosswords once or twice weekly
 - Puzzles
 - Reading



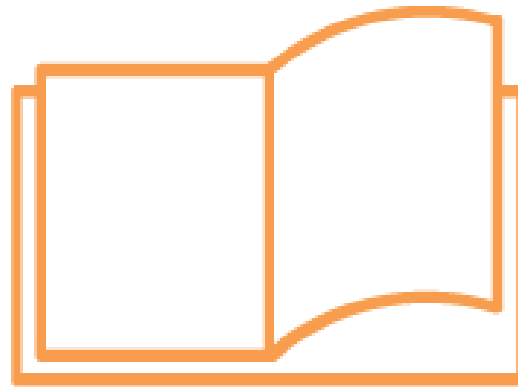
Mental Wellness Resources

- Employee assistance program (EAP)
- Mental health screenings (online)
- Capital BlueCross



Journaling

- Helps identify problematic thoughts and behaviors
- Benefits
 - Reduces Stress
 - Improves Immune Function
 - Keeps Memory Sharp
 - Boosts Mood
 - Creates internal awareness/provides insight into problems



Healthy Mind Platter

The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter

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The Healthy Mind Platter Elements

Focus time

- Taking on challenges
- Goals/work projects/etc.

Play time

- Enjoying new experiences
- Hobbies/Activities for fun

Connecting time

- Bonding with other people



The Healthy Mind Platter Continued

- **Physical time**
 - Moving our bodies
 - 150-300 minutes weekly
- **Time in**
 - Reflecting internally
 - Meditation
- **Down time**
 - Letting the mind wonder or relax
- **Sleep time**
 - Giving the brain time to rest and recover
 - 8 hours optimal



Healthy Mind Platter

The Healthy Mind Platter

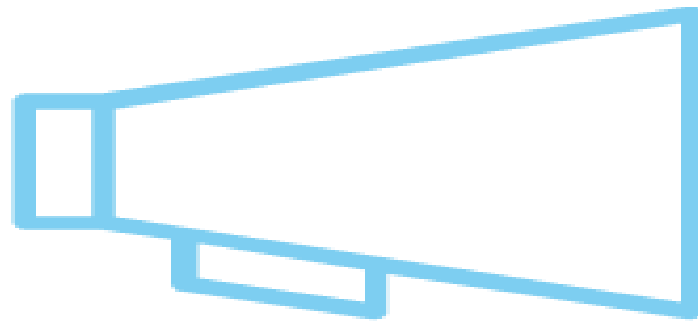


The Healthy Mind Platter, for Optimal Brain Matter

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Mental Health Recap

- Integration of mind, body, and spirit
- Be proactive
- Engage in regular mental health activities



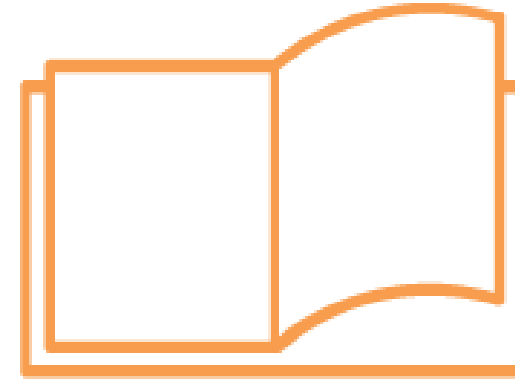
Resources

Case Management

- 888.545.4512

CapitalBlueCross.com

- Healthwise® Knowledgebase
- Capital BlueCross Nurse Line and Chat
 - 800.452.BLUE (2583)
 - Chat with a nurse through your secure member portal
- Blue365®
- MyCare Finder



On behalf of Capital BlueCross, Healthwise® assists in the promotion of health and wellness by providing educational material. Healthwise is an independent company.

The Blue365® program is brought to you by the BlueCross and BlueShield Association. The BlueCross and BlueShield Association is an association of independent, locally operated BlueCross and/or BlueShield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that Members may purchase from independent vendors, which are different from covered benefits under your policies with Capital BlueCross and its family of companies, its contracts with Medicare, or any other applicable federal health care program.

Apps

Mind Games

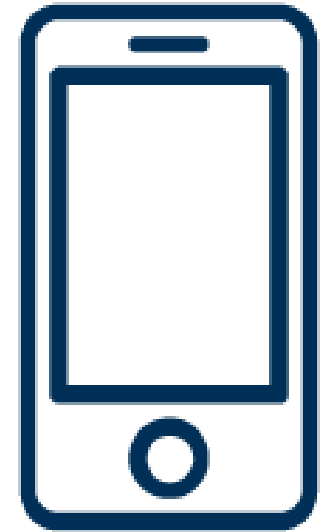
- Memory or Mind Games are logic games to train your memory and attention.

Mind Journal

- Get to know yourself by diving deeply into your passions, feelings, and life goals.

InnerHour

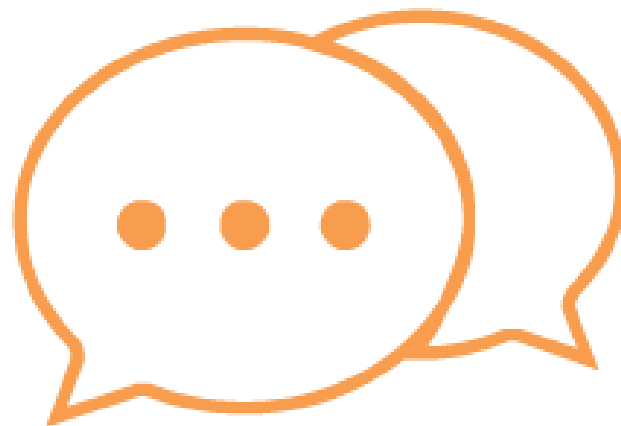
- Make self-care a priority



References

- 1 Centers for Disease Control and Prevention. *Mental Health Screenings*. Healthier Worksite Initiative.
- 2 University of Redlands. *Dimensions of Wellness*. Mental Wellness.
- 3 What is Wellness? *10 Dimensions of Wellness*. Advantage Wellness Management.
- 4 The DANA Foundation. *The Teen Brain: Primed to Learn, Primed to Take Risks*. Dr. Jay Giedd.
- 5 Julia Y. Porter. Mississippi State University-Meridian. *Helping College Students Develop Mental Wellness Skills Through Journaling Techniques*. Mississippi State University-Meridian
- 6 Dr. Daniel J. Siegel. *The Healthy Mind Platter*. UCLA School of Medicine.

Questions



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Thank you