

A woman with dark hair in a braid, wearing a white dress, is sitting in a field of tall green grass and purple lavender flowers. She is looking towards the horizon under a bright blue sky with scattered white clouds. The scene is peaceful and natural.

Health and Wellness Update

April 2022

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Employer Educational Materials for April

National Health Observance: Mental Health and Stress Awareness Month

April's Health Observance is Mental Health and Stress Awareness Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [Understanding mental health](#)
- [Soothing stress](#)
- [What is burnout?](#)
- [Mental health programs and benefits](#)

The screenshot shows a website page with a navigation menu on the left containing links for 'Clinical support programs', 'Employee Assistance Program', 'HouseCalls', 'Maternity support', 'Member support and advocacy resources', 'Mental health programs', 'Quit For Life', 'Real Appeal', 'Rewards programs', and 'Substance use'. The main content area is titled 'Mental health programs and benefits' and includes a sub-section 'What types of mental health services may be covered?' with a sign-in button and a dropdown menu to 'Select your plan to sign in'. Below this is a section 'Find a provider you trust to help support your mental health' with a graphic of a head and a brain.

Health Information Flyer of the Month: Depression and Caregiving

UnitedHealthcare Health Fliers can be a visual and engaging way of providing member-level education. Check out this month's Health Information Flyer on [Depression and Caregiving](#).

The flyer features the UnitedHealthcare logo at the top right. The title 'Depression and Caregiving' is prominently displayed. The text explains that depression is common among caregivers and provides information on symptoms and resources. It includes two sub-sections: 'Why can caregivers be prone to depression?' and 'What symptoms should I be aware of?'. The latter section contains two columns of bulleted symptoms.

Depression and Caregiving

Depression can be common among caregivers. Find out the symptoms to watch out for and what resources are available to help.

Caregiving can be rewarding, satisfying and even enjoyable. But it can also be overwhelming, frustrating and exhausting – all of which can lead to depression. It's not unusual for caregivers to develop mild or serious depression due to the demands of each day. Learn about depression's causes, symptoms and treatments in this quick Q&A so you can get the help you need if you find yourself struggling.

Why can caregivers be prone to depression?

Depression is a complex mental illness. Known factors that can contribute to depression may include genetics, certain medications, grief and environmental triggers. Stressful life events can also trigger depression, such as the death of a loved one or even a move. While caring for someone else, you might dedicate less time to your own needs. This can put a strain on your physical and mental health.

What symptoms should I be aware of?

Sadness and hopelessness are classic symptoms of depression, but according to the Family Caregiver Alliance, caregivers should also watch out for the following symptoms:

- Changes in your eating habits
- Increase in alcohol or drug consumption
- Not getting enough sleep – or requiring far more than you typically do
- Excessive time spent on the Internet
- Feeling unmotivated all of the time
- Trouble thinking or planning
- Loss of interest in people or activities that used to bring you joy
- Losing interest in your appearance or physical well-being
- Feeling numb
- Fantasies of escaping the situation
- Becoming easily agitated
- Thoughts of death or suicide
- Feeling inadequate
- Ongoing physical symptoms like chronic neck or back pain



Employer Educational Materials for April

United at Work Presentation of the Month: Mental Health and Well-Being

Click here for the [Mental Health & Emotional Well-being](#) health education presentation where participants will learn about healthier choices that may help to improve their mental health and emotional well-being. Specifically, this presentation will cover mental health facts and definitions, common myths associated with mental health, signs of mental health changes, reasons to seek help and ways to support mental well-being. The quiz and quiz answers pictured below, are included in the email as attachments.



Quiz

Mental Health and Emotional Well Being Questionnaire

Name: _____

Please circle your answers to the following questions

1. Personality, weakness or character flaws cause mental health problems. People can snap out of it if they try hard enough.
a. True
b. False
2. There is no hope for people with mental health problems. Once a family member or friend develops a mental health problem he or she will never recover.
a. True
b. False
3. Some signs of mental health changes include:
a. Sleeping more than usual
b. Having unexplained aches and pains
c. Feeling unusually worried or upset
d. All of the Above
4. Reasons a person may seek counseling include:
a. Personal growth
b. Addiction
c. Both a and b
d. None of the above
5. One way in which an employee can take advantage of a free mental health service offered through their employer is by contacting the Employee Assistance Program.
a. True
b. False

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Quiz Answers

Mental Health and Emotional Well Being Questionnaire – Answers

Name: _____

Please circle your answers to the following questions

1. Personality, weakness or character flaws cause mental health problems. People can snap out of it if they try hard enough.
a. True
b. **False**
2. There is no hope for people with mental health problems. Once a family member or friend develops a mental health problem he or she will never recover.
a. True
b. **False**
3. Some signs of mental health changes include:
a. Sleeping more than usual
b. Having unexplained aches and pains
c. Feeling unusually worried or upset
d. **All of the Above**
4. Reasons a person may seek counseling include:
a. Personal growth
b. Addiction
c. **Both a and b**
d. None of the above
5. One way in which an employee can take advantage of a free mental health service offered through their employer is by contacting the Employee Assistance Program.
a. **True**
b. False

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 [Click here](#) for the entire United at Work catalog.



Strawberry and Greens Salad

Ingredients:

- 3 Tablespoons white wine vinegar
- 3 Tablespoons water
- 1 Tablespoon honey
- 1 Tablespoon extra-virgin olive oil
- 3 cups quartered strawberries
- 1 bag (10 oz.) Italian-blend salad greens
(about 6 cups)
- 1 Tablespoon toasted pine nuts
- Salt and pepper to taste



Instructions:

Combine first four ingredients and stir well with a whisk. In a separate bowl, combine strawberries and greens, then add vinegar mixture and toss to coat. Sprinkle with nuts.

Makes 4 servings

Nutrition Information	Per Serving
Calories	122
Fat	3.0 g
Saturated fat	1 g
Cholesterol	0 mg
Protein	2 g
Carbohydrates	17 g
Fiber	4 g
Sodium	11 mg

