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MAYNEWS 2022

Empowering you with information for your emotional and physical wellbeing

Mental Health Awareness Month

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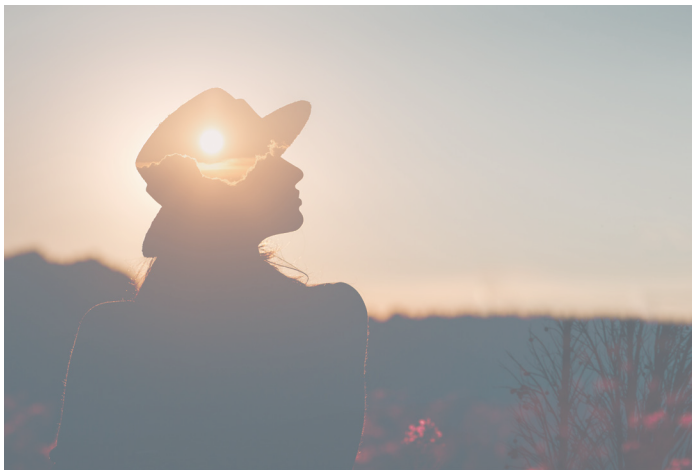
May is Mental Health Awareness Month.

This year's MHA theme for Mental Health Awareness Month is "Back to Basics." To help spread awareness during Mental Health Awareness Month, we are sharing valuable information and resources related to mental health and mental illness.



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Correcting Myths about Mental Health Conditions

Myth: Mental health problems will not affect you or your family.
Mental health conditions are quite common, and statistically, everybody has a close friend or family member that has a mental health condition.

Myth: Children do not struggle with mental health.
50% of all mental health conditions show signs before a child turns 14 years old. About 75% of mental health conditions start before a person turns 24.

Myth: There is no hope for people with mental health problems.
Studies show that many people with mental health problems or illnesses get better. Some can recovery completely. There are many treatments, services, and support systems available that can help.

Myth: Only people with serious issues need therapy, counseling, or coaching.
We can all benefit from therapy or coaching. Getting support, asking for help, getting an outside perspective is beneficial for growth. Getting support early can help prevent mental health conditions from worsening.

Myth: People with mental health condition are very violent.
Absolutely not. Statistically, people with mental health conditions are no more likely to be violent than people without a mental health condition, but they are more likely to be a victim of violence.

Read More About Mental Health

We have more information about mental health awareness, common myths around mental health, and resources for support for mental health. Read more at https://link.uprisehealth.com/mha-2022

FACTS ABOUT MENTAL HEALTH AND MENTAL ILLNESS

IT'S COMMON
1 in 5 American adults experience some form of mental illness.

AND CAN BE SERIOUS
14.2 million American adults live with a serious mental illness.

ANXIETY IS HIGH
Anxiety is the most common mental health condition in America—18% of adults have an anxiety disorder.

DEPRESSION IS GLOBAL
Depression is the leading cause of disability worldwide.

ACCESS TO CARE SHORTAGES
37% of the US population live in areas experiencing mental health professional shortages.

RECENT INCREASE
Global prevalence of anxiety and depression increased by 25% during the first year of the COVID-19 pandemic.

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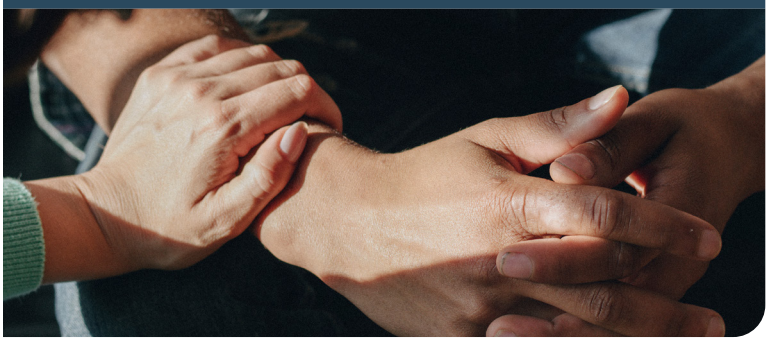
Understand Grief and Trauma

WHAT IS GRIEF?

In its simplest form, grief is our response to loss and can be triggered by hundreds of reasons other than the death of a loved one. Other examples include the loss of:

- A friend
- A relationship
- A job
- A beloved pet
- A major life goal

Interestingly, feelings of grief can also occur during happy times in your life (but happy times that cause major changes in the status quo). Examples include when you move to a new state, have a baby, or graduate from school. Although you might be celebrating these changes, you can also experience grief at the loss of your previous circumstances.



SUPPORT IS VITAL

Grief can cause physical symptoms including pain, loss of appetite, and fatigue. It can also cause intense emotional responses including sadness, numbness, anger, and anxiety. Grief can be complex, and will look different depending on the loss event, timing, and individual experiencing the grief. Support is vital to help accept the loss, cope, and recover. Here are a few types of support that can be helpful:

Acknowledge your feelings: Let yourself cry, be anger, or whatever emotion comes up. It can help to name those feelings—notice that you are feeling it and document the feeling. Emotional validation can help you accept the situation, value yourself, and improve emotional regulation.

Take care of yourself: Eat well and exercise, practice acts of selfcare including both pleasurable experiences (like hot baths, your favorite foods, and taking a walk) and practical routines (like sticking to your schedule, paying your bills, and changing your sheets).

Seek expert help: There are many options for care support bereavement support groups, behavioral health coaching, and clinical counseling. We can help. Reach out to Uprise Health to see what coaching and counseling you have available to you.

For information on grief (and also on trauma), read our recent blog at: https://link.uprisehealth.com/grief

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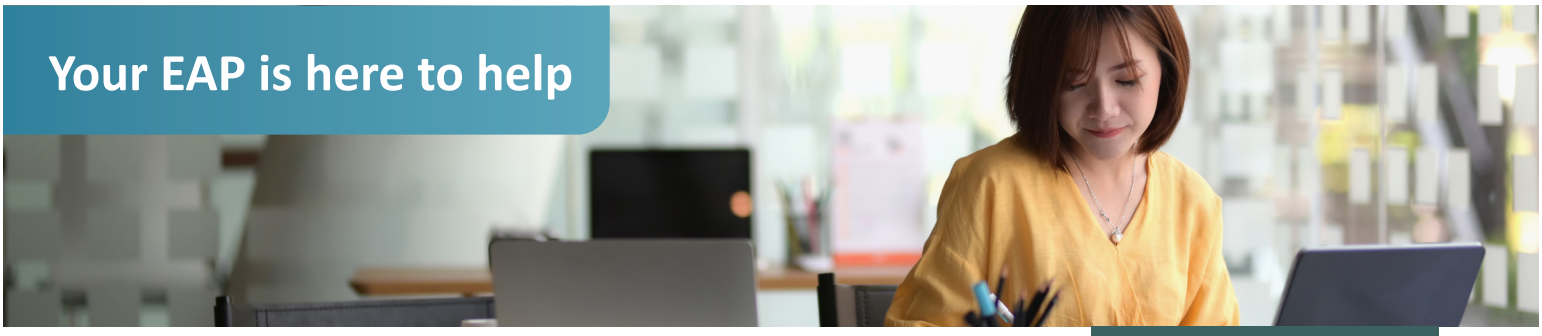
Your EAP is here to help



IS IT TIME FOR AN UPDATE ON YOUR WELLBEING CHECK?

In the Uprise Health platform, we use the Wellbeing Check* to keep in touch with your levels of stress and wellbeing. This lets us better understand how you are doing and what you need.

The Wellbeing Check is a short list of 15 questions and only takes a few minutes to complete. After the Wellbeing Check, we show your new scores on wellbeing and stress within the Digital Platform.

What do we do with the Wellbeing Check?

Your answers and scores from the Wellbeing Check help us create a personalized care plan where we offer you the most appropriate services based on your needs at any given time. Care Navigators and any coach that you specifically sign up for within the platform will have access to your scores. They access your scores to help you find care and resources. We do not share your Wellbeing Check or scores with your employer or managers or anybody else at your company.

Why should you complete a regular Wellbeing Check?

Regular check-ins on your wellbeing play an important overall role in your wellbeing! Like physical checks, wellbeing check-ins can catch issues early before they become more serious. Frequently, people wait until their mental health and wellbeing has declined dramatically before we seek help. But, if we get help sooner, then we can improve our mental health before it starts impacting our personal life or work.

We make sure that our Wellbeing Check is simple and doesn't take much of your time. We encourage you to think about how you are doing and give us the feedback we need to keep up with appropriate care.

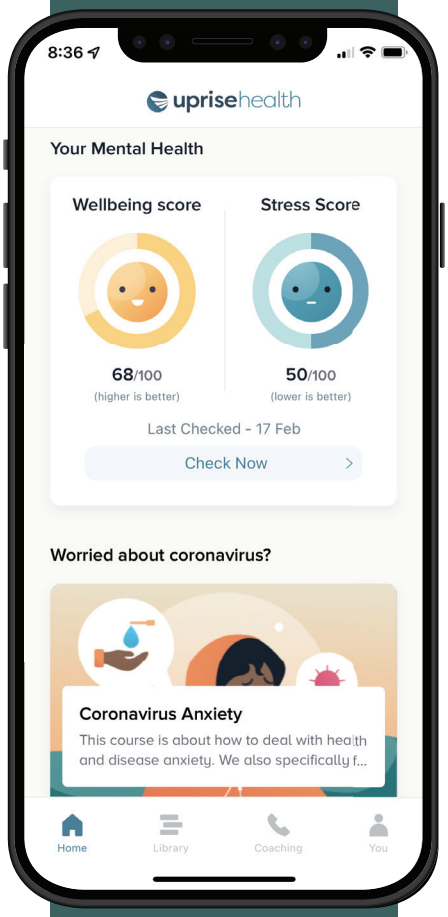
How often should I do a Wellbeing Check?

We ask that you complete the Wellbeing Check once a month. So, sign in to our Uprise Health Digital Mental Health Platform, which you can access here: https://app.uprisehealth.com or on your phone app. It will show you when you last checked in! If it was over a month ago (or close to a month ago), check in again.

It's easy to access within the platform—there is a banner on the home screen that shows your current scores with a button that says, "Check Now." Just click to re-check.

If you have not downloaded an app for your phone or signed up online, visit your member access page for more information.

* The Wellbeing Check is made up of several validated scientific measures including the WHO5, PSS4, and Harvard Work Performance Questionnaire.



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Resources & Events

This Month's Mental Health Skill Building Webinar

Not Feeling Good Enough

This course shows you steps to changing the personal standards that cause self-doubt and self-criticism.

Join us for a 30-minute webinar and Q&A
May 19, 2022 | 12pm PT

https://link.uprisehealth.com/may-webinar

This Month's Personal Advantage Webinar

Addressing the Elephant in the Room: Grief, Illness, and Family Caregiving

This webinar will provide practical advice on how to communicate, and request the support needed to balance work and home life, and provide guidance on the challenges of both the employee and the employer.

The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services." Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.

Mental Health Awareness Month

May is Mental Health Awareness Month. Mental Health Awareness Month was started in 1949 by Mental Health America (MHA), which was then known as the National Association for Mental Health. The purpose of Mental Health Awareness Month is to educate and raise awareness about mental illness, strategies for improving and working on mental health and wellbeing, and stigma around mental health conditions.