

MCSIG Livin' Well Newsletter

Monthly Wellness Focus

STRESS AWARENESS MONTH

AND

ALCOHOL AWARENESS MONTH



Everyone has challenging events in their lives. Stress is generally a response to an external cause and can affect your mind and your body. You may feel excessive worry, uneasiness, headaches, body pain, or

loss of sleep. You may have changes in eating habits or increased use of alcohol or other substances. Chronic stress can cause or worsen serious health problems, such as anxiety and depression. If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. If you have an immediate crisis, call **911** or **988** Suicide and Crisis Lifeline. **988** is a free service (call, text, chat) that connects you to crisis counselors. You can find a list of [Mental Health Options](#) on our website, [MCSIG.com](#). Here are some things to try when stress is getting the best of you:

- Set a healthy routine of good nutrition, moderate exercise, a regular sleep schedule and connecting with friends and family.
- Avoid excess caffeine, alcohol, tobacco and drugs.
- Keep a journal. Clarifying your thoughts and feelings can help you explore and release your emotions.
- Try a meditation app or other relaxation techniques, such as stretching or yoga.

Sources: [NIMH](#) and [CDC](#)

Wellvolution

[Wellvolution](#) offers programs based on the latest in science to help members improve their health.

ginger

On demand mental health support day or night

The [CDC's Dietary Guidelines for Alcohol](#) recommends that adults of legal drinking age either not drink, or drink in moderation, which is defined as **2 drinks or fewer in a day for men** or **1 drink or fewer in a day for women**. It is recommended some people should not drink alcohol at all:

- Women who are pregnant or might be pregnant
- People under the age of 21
- People who have certain medical conditions or are taking certain medications that can interact with alcohol
- People who are recovering from an alcohol use disorder or are unable to control the amount they drink

Alcohol consumption is associated with short- and long-term health risks, including motor vehicle crashes, violence, high blood pressure and various cancers. There are several self-assessment tools you can take to help identify the level of your dependence on alcohol.

Sources: [CDC](#),



Teladoc Health has a [list of Alcohol Use Disorder \(AUD\) symptoms and a quiz](#). If you're concerned you may have AUD or difficulty with another substance, Teladoc can help. Their mental health services offer confidential appointments by phone or video with licensed therapists or psychiatrists. Appointments are available from 7AM to 9PM, 7 days a week. You can schedule your visit in as soon as three days, and work with the same counselor for as many visits as you need. Access Teladoc through [Blue Shield](#) or use the [app](#).

US Standard Drink Sizes



12 ounces
5% ABV beer



8 ounces
7% ABV malt liquor



5 ounces
12% ABV wine



1.5 ounces
40% (80 proof)
ABV distilled spirits
(gin, rum, vodka,
whiskey, etc.)

ABV = Alcohol by Volume

Did You Know?

WORLD AUTISM AWARENESS DAY IS APRIL 2

Supporting a Socially Anxious Kid

Some expert-approved tips:

- Acknowledge their feelings
- Roleplay a tough conversation
- Start small - have them spend time with one or two friends instead of a group
- Normalize friendship changes
- Have an open mind, their social needs may be different than yours

Autism, or [Autism Spectrum Disorder](#) (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. It affects all ethnic and socioeconomic groups. It can be diagnosed in children or adults. In 2023, the Centers for Disease Control and Prevention (CDC), reported that [approximately 1 in 36 children in the U.S. is diagnosed with an ASD, according to 2020 data](#). The American Academy of Pediatrics recommends that all children be screened for autism at their 18- and 24-month well-child checkup and whenever a parent or doctor has concerns. You can also complete an [online autism screen](#) at [AutismSpeaks.org](#), print the results and bring it with you to your healthcare provider. You can speak to your provider about getting a full evaluation from a qualified medical specialist, who can provide a diagnosis. [CDC](#) and [AutismSpeaks.org](#).



CERVICAL CANCER AWARENESS



Cervical Cancer is the 4th leading cause of cancer in women world wide. Don't wait, get screened today.

Source: Cervical cancer (who.int)

Learn more at eversidehealth.com/cervicalcancer

[Click to schedule your appointment today!](#)

or

call 831-269-3346



TRANSCARENT Y TELADOC: APOYO EN ESPAÑOL

[Transcarent](#) is a MCSIG PPO benefit offering Telehealth, Surgery Care, trained Health Guides, Virtual Physical Care and Expert Medical Guidance. Transcarent has a [welcome page in Spanish](#), and you can also [chat or text in Spanish](#) through the app, for urgent and not so urgent needs. You can talk to a Health Guide using the [Transcarent app](#), or call 855-265-9804.

[Teladoc](#) is a MCSIG PPO benefit offering General Medical care, Dermatology, Behavioral Health and a Caregiver Program. They offer [free language services to people whose primary language is not English](#), with the use of qualified interpreters and information written in other languages. [For their mental health services, you can request a Spanish-speaking care representative to help you schedule your visit with a Spanish-speaking therapist.](#) You can call Teladoc at 800-835-2362 or visit through [Blue Shield](#) or the [app](#).



Content is for informational and educational purposes only. These articles are not intended to be a substitute for professional medical advice, diagnosis, or treatment.

It's Spring!

LET'S DO A CLEAN SWEEP!

SPRING

into action to

DECLUTTER YOUR HOME!

MONTHLY MINI-CHALLENGE: DECLUTTER A SPACE

Holding on to objects that have meaning, that you find pleasant to look at, or perceive as useful is normal. However, getting rid of excess "stuff" can benefit both your physical and mental health. For example, it's easier to prepare healthy meals in an orderly kitchen. Removing unused and unneeded items can make you feel calmer, happier and more in control. It's easier to focus on the task at hand when things aren't in your way. Start small. Pare down first, then wipe the area clean and organize the items you're keeping. Keep the most-used items close at hand. You don't have to buy fancy baskets or bins. The feeling of pleasure from seeing and using a well-organized space might inspire you to keep going! Play some upbeat music or listen to a podcast while you work. You can declutter using several bags or boxes. Some categories for items you sort through could be trash, donations, items you want to sell, items to shred, and recycling. Keep the "donation" box near the front door, where you can easily add items to it, and then move it to your car for drop-off.

Adapted from [WebMD](#)

April 18 Cook Along

Spring Fling:
Seasonal Foods
Tuesday April 18 @ 5pm PT

[Register Now](#)

Join us at MonjWell (a Wellvolution clinical program that helps to manage and reverse diabetes. Learn some healthy and delicious recipes with Culinary Director and Chopped Champion Chef Eliza Martin! Register to attend their [April Cook Along](#) (hosted on Zoom). These events are open to all members, just sign up and MonjWell will send an e-mail with everything you need to whip up their tasty creations.

For more information, click here: <https://live.monj.com>



ALLERGY SEASON AHEAD - ACHOO!

SPRING CAN BRING LOTS MORE THAN JUST LONGER DAYS AND SUNSHINE!

UNCOMFORTABLE SEASONAL SYMPTOMS MAY FLARE UP (E.G., RUNNY NOSES, SORE THROATS, ITCHY, WATERY EYES) THAT COUNTERACT THE JOY OF PATIO-LOUNGING OR WALKING IN THE PARK. IN THE SPRING, LARGE AMOUNTS OF TREE POLLEN SWIRL AND CAN CAUSE ALLERGIC REACTIONS TO THOSE WHO ARE SUSCEPTIBLE. OUR IMMUNE SYSTEMS CONSTANTLY FIGHT EXPOSURES THAT CAN MAKE US SICK, AND ALLERGIC REACTIONS ARE THE RESULT OF OUR BODIES ESSENTIALLY OVERDOING IT. IN AN IMMUNE RESPONSE, OUR BODIES WORK TO FLUSH OUT ANY ALLERGENS WITH MUCUS AND OTHER SUBSTANCES THAT CAN CAUSE SWELLING. IN THE NOSE, IT CAUSES A CONGESTED FEELING. HISTAMINE IS ALSO RELEASED IN ALLERGIC REACTIONS, AND THIS CAUSES ITCHING AND WATERY EYES. IF YOUR SYMPTOMS REGULARLY FLARE UP IN THE SPRING, [CLICK HERE](#) TO LEARN ABOUT WAYS TO HELP CONTROL SEASONAL ALLERGIES.

SOURCE: BLUE SHIELD OF CA

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