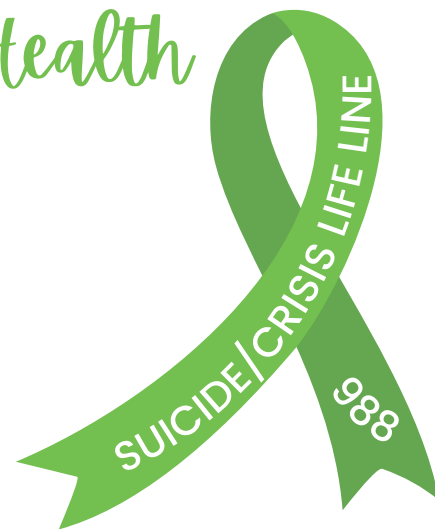


# MCSIG LIVIN' WELL

## Newsletter

### Monthly Wellness Focus: Mental Health



#### What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

#### How common are mental illnesses?

Mental illnesses are among the most common health conditions in the United States.

- More than 1 in 5 US adults live with a mental illness
- Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness
- About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

#### What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as

- Adverse Childhood Experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation

#### Types of mental illnesses:

People can experience different types of mental illnesses or disorders, and they can often occur at the same time. Mental illnesses can occur over a short period of time or be episodic. This means that the mental illness comes and goes with discrete beginnings and ends. Mental illness can also be ongoing or long-lasting.

There are more than 200 types of mental illness. Some of the main types of mental illness and disorders are listed [here](#).

Source: Centers for Disease Control & Prevention

### Everside/Altais Health Clinics

Make your mental health a priority  
Scan or click the QR code to learn how to help improve your mental health or visit [eversidehealth.com/mentalhealthmatters](https://eversidehealth.com/mentalhealthmatters)



Or talk to your Everside Health doctor about your mental health concerns, click link below!

[Schedule Appointment](#)

### Well-being webinar series

Strategies for managing stress in a healthy way

3-part series

May 10, 17, & 24

10 a.m. PST

Scan the QR code and register for the webinar today!



### Wellvolution Mental Health Options

Learn to Meditate with Headspace



ginger

On demand mental health support day or night

# Your MetLife Benefits at a Glance

## Travel Assistance: Protecting you wherever you go

To complement your MetLife life insurance coverage, you have access to TravelAssistance's services, a unique program where you and covered family members\* can contact AXA Assistance USA, Inc. (AXA) representatives to administer emergency medical, travel and personal assistance services on your behalf wherever you are in the world.

\*You and Covered Family Members means an enrolled employee and their eligible dependents as defined under the group insurance contract issued by MetLife.

### About Travel Assistance

MetLife selected AXA Assistance USA, Inc. (AXA) to provide the Travel Assistance program because they are an industry leader, best known for intervening in medical emergencies in foreign countries. AXA administers emergency medical assistance services when you or a family member\* becomes ill or injured while traveling 100 miles or more away from home. AXA is an independently owned company and is not associated with or an affiliate of MetLife. All services must be arranged by AXA Assistance USA, Inc. No claims for reimbursement will be accepted.

### How to access Travel Assistance

Next time you're traveling be sure to carry the Travel ID card. You can obtain Travel ID card by calling AXA. One simple phone call puts you in touch with AXA's highly trained representatives who will help ensure your call is handled promptly.

### For information or to access services:

**Call:** Within the U.S. (800) 454-3679  
Outside the U.S. (312) 935-3783 (collect)

**Visit:** [www.metlife.com/travelassist](http://www.metlife.com/travelassist)

Source: MetLife



## Grief Counseling: Offering support through difficult times

The one predictable thing about life is that it's unpredictable. And when times get hard, we seek comfort, encouragement, and hope for our loved ones. But grief comes in many forms and affects us in different ways. That's why grief counseling services are offered with your life insurance coverage. Whether it's help coping with a loss or a major life change, the professional counselors and services we offer through LifeWorks US Inc. are ready to support you and your family to move forward - at no extra cost. **Confidential support 24/7**

### To speak with a LifeWorks Counselor

**Call:** 1-888-319-7819

**Visit:** [metlifegc.lifeworks.com](http://metlifegc.lifeworks.com)

**User ID:** metlifeeap

**Password:** eap

Source: MetLife



### Other Services Include:

Financial Services  
Retirement Planning  
Funeral Discounts and Planning  
Legal Services  
Identity Theft  
Pet Insurance

For more information Call: 1-888-319-7819



### MAY 12th at 11-11:30 a.m. PST

#### Managing Fear and Anxiety

Fears and anxieties are made up of thoughts that are based upon either personal experiences or beliefs. Pretending that these fears and anxieties do not exist, or are not as bad as they seem, can actually make them worse. In this class, we will learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable.



# MONTHLY MINI CHALLENGE



Very simple : each day for 30 days , do something that can help with improving your mental health. It can be anything from journaling to meditation or spending time in nature. The goal is to develop healthy habits that will boost your well-being!

Source: [madeyoumileback.com](http://madeyoumileback.com)



## Eating Well for Mental Health



To boost your mental health, focus on eating plenty of fruits and vegetables along with foods rich in omega-3 fatty acids, such as salmon. Dark green leafy vegetables in particular are brain protective. Nuts, seeds and legumes, such as beans and lentils, are also excellent brain foods.

Source: [Sutterhealth.org](http://Sutterhealth.org)