

Plan for Health: May 2021



This month's highlights includes Mental Health Month, Sharecare Inspirations, Sharecare featured challenges, and the importance of dental hygiene visits.

Mental Health Month

Mental health is an important part of overall health and well-being. 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.

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate.

- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Additional Mental Health resources from <https://www.mhanational.org/>:

Click [here](#) to view a fact sheet about Owning Your Feelings.

For 31 Tips to Boost Your Mental Health, click [here](#).

Click [here](#) for a fact sheet on tips for Keeping Your Mind Grounded.

Highmark is here to help

Mental health issues are different for everyone, which is why it's important to find the care option that's right for you. Whether you're considering medication, want to learn more about self-care, or just want to talk to someone, Highmark is here to help.

Every plan is a little different. For more information about available services and your specific benefits and costs for care, you can visit your member website or call the Member Service number on the back of your Highmark member ID card.