



Personal Well-Being:

Emphasis on Maintaining Peace of
Mind

Disclaimer/Housekeeping

This webinar is for informational purposes only and is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, contained on or available through this webinar is for general information purposes only. Please seek advice from your medical provider with any questions you may have regarding a medical condition.

Our webinars may prompt questions, however, given the format of our presentations, time constraints do not allow us to answer those questions during the sessions. Please send any additional questions to the emails provided at the end of each session.

Our webinars will be recorded for viewing at a later date and time.

Today's Presenter



- ❖ Jennine Smith
- ❖ (619) 644-7630
- ❖ Jennine.Smith@gcccd.edu
- ❖ Health and Safety Specialist
- ❖ Point of contact for ADA/interactive process intake, communications, and reporting.

Stress, Anxiety, and Depression

Wherever constant stress lives, so too does its more agitated and debilitating cousin: anxiety.

- ▶ 31% of Americans will experience an anxiety disorder at some point in their lives.
- ▶ According to U.S. National Institute of Mental Health, adult and teen women experience more often than men.
- ▶ Anxiety often goes hand-in-hand with depression.
- ▶ Nearly half of people diagnosed with depression also have an anxiety disorder, according to the Anxiety Depression Association of America.
- ▶ “About 7% of the U.S. population meets criteria for a major depressive disorder,” says Rachel Katz, MD, a psychiatrist at Yale Psychiatric Hospital.
- ▶ Feeling a lack of control over a situation can lead to stress, anxiety and even depression.



Stress, Anxiety, and Depression

cont.

► **Stress**

- Is a physical response to a situation.
- Signs can be rapid heart beating; shallower breathing.
- Physical problems such as headaches, constipation, diarrhea, chest pain, insomnia, and grinding teeth.
- If unchecked can lead to high blood pressure, heart disease, diabetes and obesity.

► **Tips for reducing Stress:**

- Exercise
- Balanced Diet
- Establish a Routine
- Do things which have personal meaning

Persistent stress that feels unmanageable can lead to anxiety and depression.

Stress, Anxiety, and Depression cont.

► **Anxiety**

- Shares the same physical and biological elements as stress.
- “Can also be described as feeling that one’s internal resolve and strength is outmatched by external stressors”, explains Michelle Alejandra Silva, PsyD, assistant professor of psychiatry at Yale School of Medicine and director of the Connecticut Latino Behavioral Health System.

► **Tips for reducing Anxiety**

- Engage in an activity that requires mindfulness
- Practice self compassion
- Seek professional help.

If prolonged anxiety can become intertwined with depression.

Stress, Anxiety, and Depression cont.

► Depression

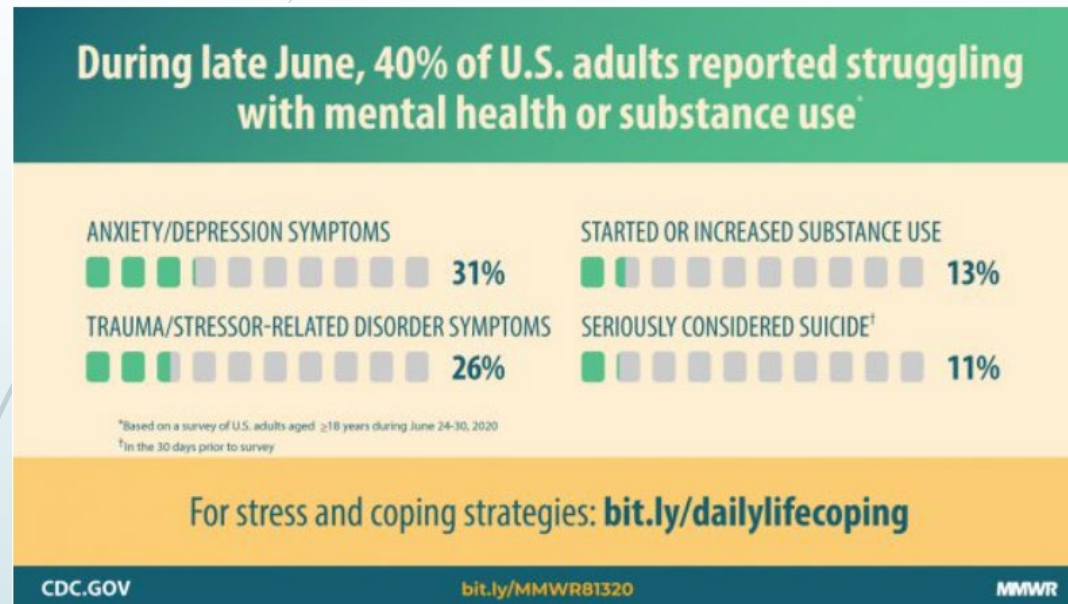
- Can be debilitating, causing us to lose the ability to function in all areas of life, including work and relationships.
- The World Health Organization (WHO) ranks depression as a leading cause of disability worldwide.
- Physical symptoms can include weight loss or gain, poor sleep, physical pain, and speaking or moving more slowly than normal.
- Mental manifestations can include persistent sadness, hopelessness, anxiety, and mental paralysis.

► Tips for reducing Depression

- Seek professional help
- Exercise
- Connect with others

Stress, anxiety, and depression are universal human experiences. No matter how you experience these feelings or disorders, know that you can seek professional help and that you are not alone.

Stress, Anxiety, and Depression

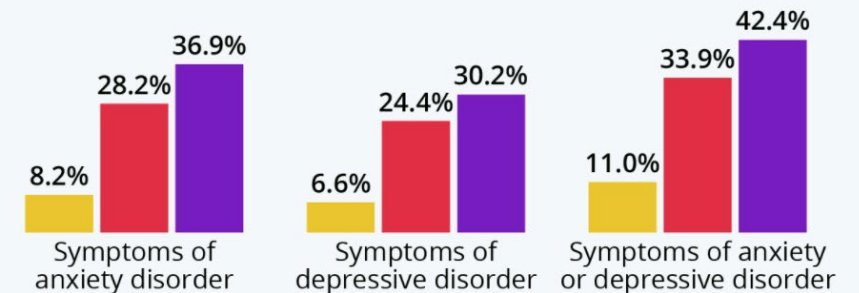


During June 24–30, 2020, U.S. adults reported considerably elevated adverse mental health conditions associated with COVID-19, according to CDC.

Pandemic Causes Spike in Anxiety & Depression

% of U.S. adults showing symptoms of anxiety and/or depressive disorder*

■ January-June 2019 ■ May 14-19, 2020 ■ December 9-21, 2020



* Based on self-reported frequency of anxiety and depression symptoms. They are derived from responses to the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) and the seven-item Generalized Anxiety Disorder (GAD-2) scale.

Sources: CDC, NCHS, U.S. Census Bureau



statista

According to U.S. Census Bureau and the National Center for Health Statistics

Exercise

Exercise has many benefits, not only for your physical health but also your mental health. In your brain, exercise stimulates chemicals that improve your mood and the parts of the brain responsible for memory and learning.

- ▶ Mental health Benefits
 - ▶ Exercising regularly can reduce stress and symptoms of mental health conditions like depression and anxiety.
 - ▶ Exercising releases endorphins and serotonin which improve your mood.
 - ▶ Exercising can also improve your sleep
- ▶ How much should I exercise?
 - ▶ It is recommended adults do at least **150 minutes** of moderate intensity activity **weekly**. At least **2 days a week** of activities that **strengthen muscles**
 - ▶ Practicing mindfulness while doing exercise also reduces your stress and improves your mental health.

Exercise Ideas

Finding an activity that is enjoyable or makes you happy, you will be more likely to stick with the activity and be more motivated.

- ▶ Hiking
- ▶ Running
- ▶ Walking
- ▶ Yoga
- ▶ Swimming
- ▶ Dancing



Diet

According to WebMD, there is no specific diet that has been proven to relieve depression, however a healthy diet may help as part of your overall treatment.

- ▶ It is recommended to eat foods high in antioxidants to help prevent cell damage such as apricots, broccoli, cantaloupe, carrots, collards, peaches, pumpkin, spinach and sweet potatoes.
- ▶ Have protein-rich foods to boost alertness, like beans and peas, lean beef, low-fat cheese, fish, milk, poultry, soy products, and yogurt.
- ▶ Try a Mediterranean Diet, to help boost B vitamins.
- ▶ Make sure to get enough Vitamin D.
- ▶ Include Omega-3 Fatty Acids which are good for your heart.

Meditation



Feeling overwhelmed? Tap into the power of self-care.

Adult members can download 2 popular apps at kp.org/selfcareapps

These apps can help you build resilience, set goals, and take meaningful steps toward becoming healthier and happier. Choose the areas you want to focus on – including managing depression, reducing stress, improving sleep, and more.

- Evidence-based and proven effective
- Hand-picked by Kaiser Permanente physicians
- Confidential and easy to use



Calm

Calm is an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. With guided meditations, programs taught by world-renowned experts, sleep stories narrated by celebrities, mindful movement videos, and more, Calm offers something for everyone.

The Calm app is not available to KP Washington members at this time.



myStrength

myStrength offers personalized programs with interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. It's designed to help you set goals and work towards them in ways that work for you – by making positive changes that support your mental, emotional, and overall well-being.

myStrength® is a wholly owned subsidiary of Livongo Health, Inc.

Get the apps at kp.org/selfcareapps.

Meditation



On-demand help with stress, anxiety and depression

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression – anytime. Connect with powerful tools there for you right as symptoms come up. Stay engaged each day for better results you can feel. Escape to Sanvello whenever you need to, track your progress and feel better until you feel better.

Download the app today.

More information on [Sanvello.com](https://www.sanvello.com).



Daily mood tracking

Answer simple questions each day to capture your current mood, identify patterns and self-assess your progress.



Coping tools

Reach for just the right tool to relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.



Guided journeys

Designed by experts for a range of needs, journeys use clinical techniques to help you feel more in control and build long-term life skills.



Personalized progress

Through weekly check-ins, Sanvello creates a roadmap for improvement. Track where you are, set goals and make strides week by week.



Community support

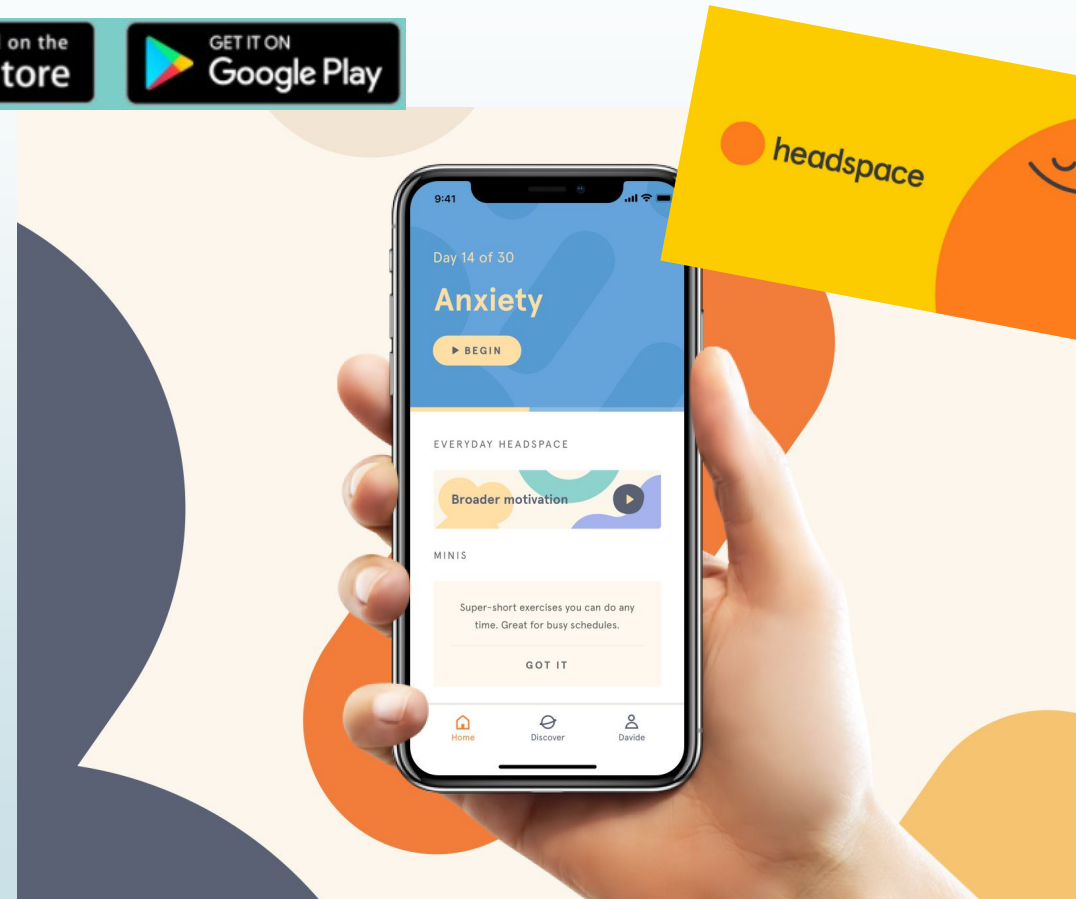
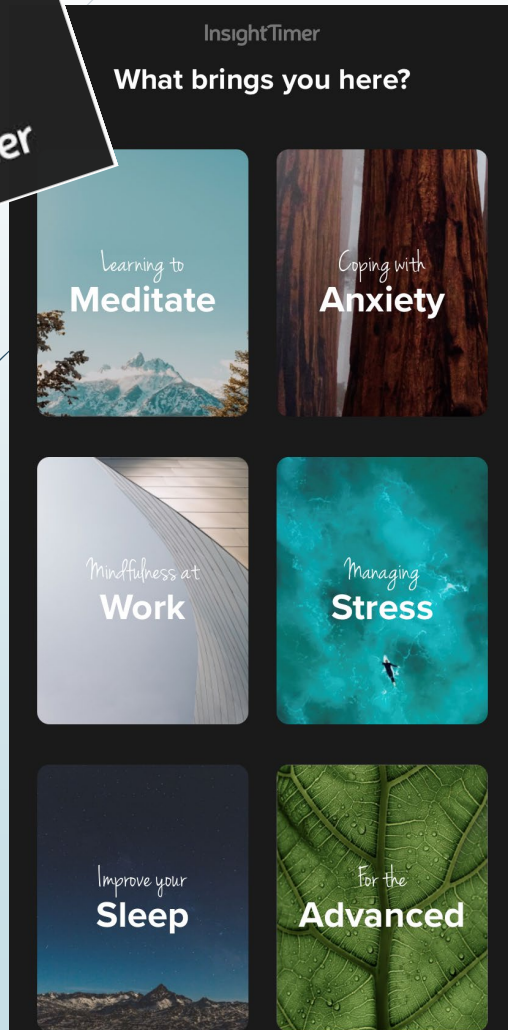
Connect with one of the largest peer communities in the field and share advice, stories and insights – anonymously, anytime.

3 Steps to Upgrade to Premium for Free: **1.** download and open the app **2.** create an account and choose "upgrade through insurance" **3.** search for and select UnitedHealthcare, then enter the information available on your UnitedHealthcare medical insurance card. Questions? Email info@sanvello.com

Offered through both United Healthcare as well as GCCCD's EAP!



Apps outside of Insurance



[Five Free Mindfulness Apps Worthy of Your Attention](#)

Kaiser

Kaiser offers many tools to help with Stress, Anxiety, and Depression on their website.

- ▶ [Wellness resources | Kaiser Permanente](#)
- ▶ Here you will find a range of self care resources including apps, audio activities, articles, and more which are designed to help you thrive in mind, body, and spirit.
 - ▶ Includes Guided Exercises and Activities.
 - ▶ Along with many articles full of information and tips.

United Healthcare

United Healthcare also offers information on understanding mental health.

- ▶ [Understanding mental health | UnitedHealthcare \(uhc.com\)](#)
- ▶ Along with the mental health resources United Healthcare has teamed up with [Rally Health](#)



[myuhc - Member Login | UnitedHealthcare](#)

California Schools Veba

OPTUM Health

► *Acupuncture*

- Is a form of Traditional Chinese Medicine (TCM), is believed to help remove blockages and restore energy flow, balancing your organs, mind, and body.

► *Chiropractic*

- Focuses on diagnosing, treating, and preventing mechanical disorders of the musculoskeletal system, their effects on the nervous system, and on general health.

► [AcuChiroSummary.pdf \(gcccd.edu\)](#)

► To find a provider [OptumHealth Physical Health of California - Provider Locator \(myoptumhealthphysicalhealthofca.com\)](#)

References

- [Stress, Anxiety, or Depression? Treatment Starts With the Right Diagnosis > News > Yale Medicine](#)
- [Lifeline \(suicidepreventionlifeline.org\)](#) Phone # **[1-800-273-8255](#)**
- [Access & Crisis Line \(optumsandiego.com\)](#) Phone # **[\(888\) 724-7240](#)**
- [Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020 | MMWR \(cdc.gov\)](#)
- [• Chart: Pandemic Causes Spike in Anxiety & Depression | Statista](#)
- [Exercise and mental health | healthdirect](#)
- [Physical Activity Recommendations for Different Age Groups | Physical Activity | DNPAO | CDC](#)
- [Stanford researchers find mental health prescription: Nature](#)
- [Yoga for better mental health - Harvard Health](#)
- [Diet for Depression | Foods that Help Depression \(webmd.com\)](#)
- [Acupuncture for Depression: Does It Really Work? And 12 Other FAQs \(healthline.com\)](#)
- [Chiropractic Care \(mentalhelp.net\)](#)

Q & A

► **What is “practicing mindfulness?”**

- Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

► **What about massage therapy? Is it covered by insurances?**

- Massage therapy can be used to help and is widely used in all cultures to evoke feelings of deep relaxation and reduced anxiety, however as of now our insurance does not specifically cover it. You may want to check with your health care provider.

Human Resources Webinars Continue

- ▶ Taking the Mask Off – Face Covering Updates, Voluntary Use, and Respirators hosted by Kelly Brase
 - ▶ Date: July 15, 2021
 - ▶ Time: 9:30am
 - ▶ Registration Link:
- ▶ Link:
 - ▶ <https://cccconfer.zoom.us/meeting/register/tJAof-2tpjliGdwwYHz3lBEcksuWaJMCSJNv>

THANK YOU

For questions or comments, please contact:

Jennine Smith
Health and Safety Specialist
619-644-7630
Jennine.Smith@gcccd.edu

Cheryl Detwiler
HR Coordinator
619-644-7571
Cheryl.Detwiler@gcccd.edu