



# Wellness Newsletter



## 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, provide strategies for improving and working on mental health and wellbeing, and reduce the stigma around mental health conditions. An individual's mental health (how one thinks, feels, and acts) can change over time due to factors like workload, stress, and work-life balance. Feelings of loneliness and isolation contribute to increased anxiety, depression, and suicidal ideation, especially among youth and young adults. The COVID-19 pandemic brought an increased awareness towards mental health with record levels of anxiety and depression being reported; and with 1 in 5 American adults experiencing mental illness each year, it is critical now more than ever to focus on mental health matters.



## Wellness Wednesday

Shopping at the grocery for healthful foods can be confusing and overwhelming. Learn how to plan your shopping trip, navigate the supermarket, and read the nutrition facts labels with this webinar, Supermarket Survival. Join Gilsbar on May 11, 2022, @ 2:00 to learn how to increase your supermarket survival skills. All attendees will receive **30 points** (Max 150 points) added towards your wellness incentive. Click [here](#) to register!



MAY 2022

## UPCOMING EVENTS

Gilsbar's Supermarket  
Survival Wellness  
Wednesday Webinar  
MAY 11 @ 12:00 PM

Mother's Day  
MAY 8



## CONTACT US

256-824-2259

Shelbie King Hall 102

[chargerfit@uah.edu](mailto:chargerfit@uah.edu)

[www.uah.edu/hr/wellness](http://www.uah.edu/hr/wellness)



@UAHChargerFit

## Uprise Health Featured Webinar: Addressing the Elephant in the Room: Grief, Illness, and Family Caregiving

Uprise Health provides Employee Assistance Plan (EAP) Services for eligible UAH Employees. Regular, full-time, and part-time employees and their eligible dependents may utilize the EAP services. The EAP provides you and your dependents with up to five free visits per year with a professional counselor.

Uprise Health is a confidential, assessment counseling, and referral service for employees and their families who need help in any of the following areas: Family and Marital Issues | Legal and Financial Referrals | Stress-Related Issues | Alcohol and Drug Abuse | Emotional Issues. For more information on Uprise Health's provided services click [here](#).

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

To view Uprise Health's monthly newsletter, click [here](#).



## How To Cope With Financial Stress

Are you feeling overwhelmed with money worries? If so, you are not alone. Many of us are currently dealing with, or have dealt with financial stress and uncertainty at some point in our lives. Money problems can stem from a loss of work, escalating debt, unexpected expenses, or a combination of factors. Financial worry is one of the most common stressors in modern life. Even before the COVID-19 pandemic economic fallout, an American Psychological Association (APA) study found that roughly 72% of Americans feel stressed out about money at least some time.

Like other stress factors, financial problems can take a huge toll on your mental and physical health. Feeling overwhelmed by money worries can adversely impact your sleep, self-esteem, and energy levels. It can leave you feeling angry, and ashamed, and increase your risk of depression and anxiety. No matter how hopeless you may feel, there is help available. To find out how to cope with financial stress, click [here](#).



## Have You Gotten Your Biometric Screening?

To complete your health screening, you may schedule an appointment with the Faculty and Staff Clinic through the employee portal. You can also have the biometric screening completed with your own physician. To receive credit towards your wellness incentive, you must have your physician complete a form and provide it to the Faculty- Staff Clinic. Email [Chargerfit@uah.edu](mailto:Chargerfit@uah.edu) or visit the Charger Fit website to obtain the screening form. 50 points will be awarded and a \$50 gift card will be mailed to all eligible employees who complete the screening. Remember, completion of the biometric screening is mandatory to receive the wellness incentive at the end of the year, and must be completed no later than October 31, 2022.

## Spring Clean Your Routine

Spring isn't just for cleaning out your closet. It's also a great time to refresh your mind and body. It's important to check in on yourself regularly; a routine refresh can help you avoid illness, reduce stress, and feel in control. Consider the followings ways to freshen up your daily routine this spring:

- Incorporate seasonal fruits and vegetables into your snacks and meals. Seasonal produce can offer you a nutritional boost.
- Declutter your home. No clothing, equipment, or other belongings are off-limits, so get rid of items you don't use anymore.
- Move your workout outdoors as the days get warmer and longer. Outdoor exercise can benefit both your physical and mental health.

Source: Lockton

