

# Mental WELLNESS

Mental health at the forefront

LiveWELL  
May 2021



Take charge of your health and put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

May is recognized as Mental Health Awareness Month. This newsletter will focus on mental health and what that looks like as many adapt to a new normal. We hope this content will provide you with tips on how to practice self-care for your mental health!

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Do Something Nice for Yourself!

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May is Mental Health Awareness Month and Blue Cross® Blue Shield® of Arizona (BCBSAZ) is encouraging Arizonans to make a fresh start when it comes to caring for their mental well-being.

One important aspect of mental health awareness is remembering to do something nice *for yourself*. We are all busy, managing through difficult circumstances, being pulled in different directions, and taking care of the needs of others. The mental toll of all this "doing" can add up. It's a heavy weight that needs to be lifted from time to time. Here are some ideas to help you show a little love – to yourself:

1. Ask for help or delegate responsibilities at home. Those daily chores and errands don't have to be yours alone.
2. Phone a friend. Stay connected to the important people in your life.
3. Go for a stroll instead of scrolling through social media.
4. Take time to unwind before bed. Read a book, meditate, stretch, or work a crossword puzzle.
5. Schedule a mental health checkup. Search for a provider (psychiatrist, psychologist, behavioral therapist, or counselor) online or using BCBSAZ's find-a-doctor tool to get started.

Ready to think bigger? If you want to make some lasting changes to improve your mental health for the long term, consider these well-being boosters:

**Creativity.** Satisfy your artistic side. Is it music, art, movement, language, writing? Pick up an instrument, set up an art table or craft corner, take a virtual dance class, download that new language app, or start the novel (or journal) you've been thinking about.

**Get outside.** Living in Arizona provides unlimited possibilities – whether your idea of the great outdoors is floating in the pool or hiking the Grand Canyon. Make a regular dose of sunshine and fresh air a healthy new habit. Check out some Arizona adventures.

**Exercise.** Move your body to lift your mood, and do it safely. Resources abound for virtual classes, remote coaching, and online programs. Tap in to technology and try something new!

**Talk it out.** Schedule a session with a counselor to address any mental health concerns, or as a preventive measure to build awareness and improve resiliency. Mental health care should be scheduled just like an annual physical, or vision or dental checkup – make it a part of your overall wellness strategy. Search for a provider (psychiatrist, psychologist, behavioral therapist, or counselor) to take the first step.

Two go-tos for mental health support:

- BCBSAZ's Mobilize AZ website has fast facts, coping strategies, and mind fitness tips.
- The Centers for Disease Control and Prevention (CDC) has outlined healthy ways to cope with stress related to the COVID-19 pandemic. And the Mobilize AZ website has a page dedicated to Navigating Life & COVID-19 – check it out!





Wellness AtoZ

# Wellness AtoZ Day



Wellness AtoZ Day, recognized by the State of Arizona and Governor Doug Ducey, is a day to acknowledge the positive health and wellness opportunities that Arizona has to offer. Join us on May 16th as we not only commemorate the anniversary of the Wellness AtoZ initiative launched in 2017, but also celebrate physical activity and healthy lifestyles. We encourage everyone to get their hearts pumping and practicing wellness with our Wellness AtoZ activity wheel.



Let us know you are participating in these Wellness AtoZ Day activities by submitting a short form on our website with the activities you're doing! Don't forget to tag us on social media @GoWellnessAtoZ so that we can repost your pictures!

We encourage everyone to practice health and wellness virtually by participating in one or more activities to promote health and wellness. Check out the activities below you and/or your family can do on Wellness AtoZ Day!

**Hydration Challenge** – Drinking water is essential to our health and wellness! Stay hydrated by drinking at least 32 fl oz of water or half of the number of ounces of your body weight.

**Fuel with a healthy meal** – Get creative and bring your family together to try a new healthy recipe for a meal or a snack! Don't forget to take a picture of your new meal and tag us @GoWellnessAtoZ.

**Take the Healthy AZ Pledge** – Help keep our community safe and slow the spread of COVID-19 by taking the #HealthyAZPledge at [wellnessatoz.com/healthyazpledge](https://wellnessatoz.com/healthyazpledge)

**Explore Arizona Outdoors** – Take a stroll, hike, or bike ride outdoors while practicing social distancing. The weather is perfect to explore some of Arizona's natural wonders such as hiking trails, canals, parks, and mountains.

**Practice Mindfulness Moments** – Mindfulness is important for our overall well-being. Find a few minutes throughout your day to practice by reading a book, journaling, or meditating.





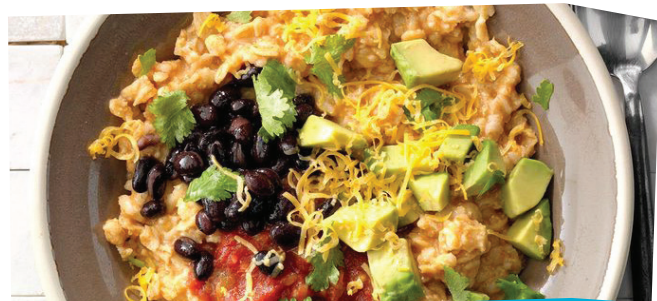
## EatWELL

Savory oatmeal for any time of day

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### TEX-MEX GRAIN BOWL

Recipe and photo from [tasteofhome.com](http://tasteofhome.com)



#### NUTRITION FACTS

1 serving: 345 calories, 13g fat (4g saturated fat), 14mg cholesterol, 702mg sodium, 46g carbohydrate (5g sugars, 9g fiber), 12g protein.

Let's mix it up (literally). Usually, oatmeal is known to be sweet, but this recipe gives us an idea to create a savory bowl. This oat recipe can be eaten for lunch and/or dinner.

#### INGREDIENTS:

- 4 cups water
- 2 tablespoons reduced-sodium taco seasoning
- 2 cups old-fashioned oats or multigrain hot cereal
- 1 cup black beans, rinsed, drained, and warmed
- 1 cup salsa
- 1/2 cup finely shredded cheddar cheese
- 1 medium ripe avocado, peeled and cubed
- Optional: Pitted ripe olives, sour cream, and chopped cilantro

#### DIRECTIONS:

In a large saucepan, bring water and taco seasoning to a boil. Stir in oats; cook 5 minutes over medium heat, stirring occasionally. Remove from heat. Divide oatmeal among 4 bowls. Top with beans, salsa, cheese, avocado, and toppings as desired. Serve immediately.



## WorkWELL

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Our WorkWELL Forums transitioned to an online platform as webinars to continue providing resourceful information and the chance for Wellness AtoZ employers to connect as a community. We have invited local and national experts to talk about the most relevant topics that are affecting our workplaces and region. If you have missed any of the WorkWELL Webinars, you can access them at [wellnessatoz.org](http://wellnessatoz.org).

We also launched the Spanish series of our webinars, TrabajarBIEN. We partnered with local leaders and experts to bring forth education around health and wellness in the workplace to the Spanish-speaking community. These can also be accessed at [wellnessatoz.org](http://wellnessatoz.org).

Please feel free to revisit these webinars and share them with your team, your networks, and the community. If you share them on social media, don't forget to tag us @GoWellnessAtoZ!



## WELL Community

Spring hope for children and families

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**amanda hope**  
rainbow angels

Amanda Hope Rainbow Angels is an organization focused on supporting families whose children have cancer. They provide resources and support that include family counseling, financial assistance, and care packages to support children through their treatment. All the resources provided to the families are free and made possible by volunteers and grants. If you are interested in being a part of the work this organization does, please visit [amandahope.org](http://amandahope.org).

VIVIR BIEN

LIVEWELL NEWSLETTER EN ESPAÑOL  
CLICK HERE!



[www.WellnessAtoZ.org](http://www.WellnessAtoZ.org)  
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