

SLPS Monthly Newsletter

FOSTERING WELLNESS, INSPIRING HEALTH

MAY 2025



Understanding Mental Health

Talking about depression, anxiety or other problems that may affect your mental health isn't always easy, but let's start the conversation. If you or a loved one may be dealing with these issues, you're not alone.

Millions of people in the United States are affected by behavioral health issues each year. Learning how to talk about and understand your mental health may be the first step to recovery.

Mental health, also known as behavioral health, are terms used to describe several problems that may affect your mental well-being, including your emotional, psychological, and social well-being. Behavioral health includes stress, anxiety, depression, mood disorders and other psychological issues. Behavioral health disorders may also include things like substance use disorders, eating disorders, or psychotic disorders.

Mental health problems are not always easily identified, but if you identify any of these signs or behaviors, it may be time to seek help:

- Eating or sleeping too much
- Drug use
- Losing interest in people and activities
- Irritability and anger
- Feeling depressed or hopeless
- Thoughts of harming oneself or others
- Aches and pains
- Excessive alcohol consumption
- Thoughts of suicide

Asking for help may be your most important step in taking care of yourself, as poor mental health can impact several parts of your life. Specifically, your relationships with others and yourself, and it may impair the way you cope with stress. It is also associated with stroke and chronic diseases such as diabetes, heart disease, and certain types of dementia.

[Click here for more information](#)

In this newsletter
you can expect:

Mental Health

May Activities

Wellness Warriors &
Challenge Winners

Nourish to Flourish
Winners

Self-Care

Recipe



TURN AWARENESS >> INTO ACTION

Emotional Support When its Needed Most

Supporting someone with mental health issues is crucial. This support can reduce their sense of isolation and encourage recovery by motivating them to seek professional help and stick with treatment plans. Early intervention can prevent mental health issues from escalating, reducing the risk of crises. Your support promotes their overall well-being and quality of life, helps combat stigma, and fosters a more open and accepting environment. Consistent support builds trust, making it easier for them to share their feelings, and empowers them to take control of their mental health journey, fostering resilience and self-efficacy. Your involvement can make a profound difference in their life.

Click [here](#) for more information on how to support a loved one going through Mental Health Issues

MAY ACTIVITIES



Heart Walk 2025

May 31st

Time: 8:30am

Where: West Port Plaza

What: 5K Walk

Why: To Save Lives.

Every walker who joins, every dollar donated, means more CPR and more lifesaving moments for everyone.

Check out the [flyer](#) and [Wellness website](#) for more info.



Harmony Health Challenge

Starts May 1st

The goal of this challenge is to

- Reduce Stress
- Improve Productivity
- Enhance Reflection
- Encourage habits of daily learning
- Foster self-discipline
- Provide inspiration

The challenge will run from May 1 - May 30th.

Find more info about the challenge on the [wellness website](#)



Wellness Warriors



Alyssa Lato

**Wells Fargo Worksite Teacher
Nottingham CAJT High School**

Alyssa was instrumental in Nottingham CAJT HS being recognized as a Healthy School Champion this year. Her invaluable support with the application process and her constant encouragement for students to make healthier choices in nutrition and physical activity were key factors in achieving this honor.



Whitney Chatman

801 Central Office

Whitney's relentless pursuit of personal growth, coupled with her support for others on their wellness journey, makes her a Wellness Warrior. Thank you Whitney, keep up the great work.



Nourish to Flourish Winners

Our March Nourish to Flourish Challenge was a huge success. The participants focused on making positive food choices and eating 5 servings of fruits and veggies every day for 5 days. The winners earned a gift card to Smoothie King. Congratulations and keep up the good work.



Self-Care- Invest in Yourself

The National Institute of Mental Health defines self-care as taking the time to do things that help you live well and improve both your physical and mental health. These acts can help you manage stress, lower your risk of illness, and increase your energy.

Below are the 8 "R"s of self-care. Select one that resonates with you to prioritize your self-care goals.

- | | |
|-------------|------------------|
| 1. Rest | 5. Relax |
| 2. Recharge | 6. Relationships |
| 3. Refuel | 7. Recreation |
| 4. Reframe | 8. Routine |

[Learn more about self-care](#)



Diets low in Magnesium have been found to increase anxiety-related behaviors. If you are feeling anxious, consider adding foods high in Magnesium, like chickpeas, to your diet.

Mediterranean Chickpea Salad

from Little Sunny Kitchen

Prep time: 15 minutes Total time: 15 minutes

Ingredients

2 15oz cans chickpeas drained
½ red onion sliced
1 med cucumber diced
½ cup feta cheese crumbled
8 oz cherry tomatoes
¼ cup chopped parsley

For the Dressing

3 Tbsp olive oil
2 Tbsp lemon juice
2 garlic cloves crushed
½ tsp dried oregano
½ tsp dried basil
1 tsp salt
¼ tsp ground black pepper

Directions

1. Make the dressing. In a small bowl, mix together lemon juice, olive oil, garlic, oregano, basil, salt and pepper. Set aside
2. Place all of the vegetables, chickpeas, ½ feta into to a bowl. Pour on the dressing and give it a toss.
3. Garnish with the remaining feta and serve. Refrigerate for 2-3 hours for best taste.

Thank you for reading!



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