

WELLNESS CARE PACKAGE

May 2022



*Programs are open to all, regardless of insurance, unless otherwise noted**

Be Your Own Superhero...

Positive self-talk takes practice. Getting out of the “worry wheel” takes practice. Building resiliency takes practice. Dean Health Plan has so much to offer to improve these things and more. Think about where you’re at most days: Are you thriving, surviving, struggling or in crisis. Check out these programs and resources to help:

- Explore educational handouts on [Managing Procrastination](#), [Work-Life Balance](#), [Mental Health Bank Account](#), spending [Special Play](#) time with your kids and [more](#).
- Join the [Burnout: The Secret to Unlocking the Stress Cycle](#) book club on Tues., May 24 at noon.
- Stretch while Dr. Shah talks about [Becoming Mentally Stronger](#) during this month’s Move with a Doc on Tues., May 10 at noon.
- Learn how to take a [Self-Care Approach to the Work Week](#) in this month’s webinar on Wed., May 18 at noon.
- Participate in the **Living Healthy* Stress Less challenge** from May 9 through May 29. Plus, earn [rewards*](#) for participating. And explore **mental health resources** such as Mental health podcasts, Daily Habits, and Self-Assessments.

To access Living Healthy*, log in to your [member portal](#) and click the Living Healthy tile. **Need assistance?** [Sign-up for 1:1 virtual help.](#)



Make Decluttering a Priority this Spring

Studies have shown that decluttering can help improve your mental health. Having an environment clear of clutter can help you feel calmer, happier, and more in control. Write down one or two things you can realistically get done today and see how you feel afterward (e.g., throw out those unneeded papers on your desk). Check out the [Declutter Your Home R.E.A.L. Goal](#) to help you get started.

More Ups than Downs?

If you find yourself more often than not thinking “When is this going to end?” or “I can’t take it anymore”, it’s time to seek support instead of withdrawing.

- Check if your employer offers an EAP (Employee Assistance Program). This can often be found on your HR webpage or bulletin board and is completely confidential. It’s a great first step in getting on the right track.
- Check out the [Behavioral Health](#) resources and services offered by the health plan (some open to all, some are insurance-specific).
- Discuss your concerns with your Primary Care Provider.



Interested in something else? [Explore all Health & Wellness programs.](#)