



BHS A.S.S.I.S.T. Spotlight

July 2019

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



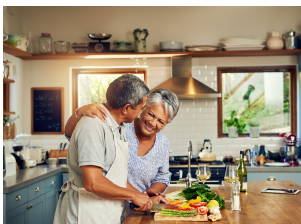
Minority Mental Health Month: Surprising Facts

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Don't Wait, HYDRATE!

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Healthy Recipe: Red White & Blue Popsicles

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Minority Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental health condition. July is Minority Mental Health Month and is dedicated to raising awareness and discussion about mental health in minority communities. Mental illness affects everyone despite their differences, but in some cultures, is a more prominent concern. For example:

- ▶ African American adults are more likely by **20** percent to experience mental health issues than the rest of the population.
- ▶ **40** percent of Native Americans who die by suicide are between the ages of 15 to 24. Native Americans have the highest rate of young adult suicide of any ethnicity.
- ▶ **10.3** Hispanic men out of every 100,000 died by suicide in 2014, a figure that has remained consistent since 1999.
- ▶ **8.6** percent of Asian American adults sought mental health treatment in 2010.
- ▶ **89** percent increase in suicides of Native American and Alaska Native women from 1999 to 2014.
- ▶ **62** percent of non-Hispanic black individuals with depression had a major depressive episode in 2012.
- ▶ **2.3** percent of black or Hispanic young people saw a mental health specialist in a given year, compared with 5.7 percent of white children and young adults.
- ▶ **25** percent of African Americans seek treatment for a mental health issue, compared to 40 percent of white individuals.
- ▶ **90** percent of all suicides involve mental illness.

What can you do?

Share your story and listen to others. Finding people around you that feel the same is very powerful, because depression is very isolating. Sharing your story could help others feel they aren't alone as well as help to reduce stigma towards people with mental illness.

If you are struggling with a mental health issue, call your BHS Care Coordinator at 800-245-1150 to discuss your available benefits.



Don't Wait, HYDRATE!

Hot summer months mean outdoor activities, lots of time in the sun and an abundance of sweating. These are the perfect ingredients for a dangerous case of dehydration, which can lead to heat exhaustion or even heat stroke.

The best way to stop dehydration is to take preemptive steps to prevent it. Drink lots of water and stay hydrated. On an average day, for an average person, the recommended fluid amount is 3 quarts of water, but if you're out in the sun or the heat, increase this amount.

Symptoms of dehydration in adults include:

- ▶ Unusual thirst
- ▶ Less frequent urination, or dark-colored urine
- ▶ Dry skin, especially when one would ordinarily be sweating
- ▶ Fatigue, dizziness, and fainting

Symptoms of dehydration in children and infants include the same as those found in adults, with a few additions:

- ▶ Dry mouth and tongue
- ▶ No wet diapers for more than 3 hours
- ▶ Crying without tears
- ▶ High fever
- ▶ Being unusually tired

If any of these signs are observed, encourage the symptomatic person to get to a cool place, or at least get into the shade, out of the hot sun. Then, be sure to offer fluids, urge the person to lie down or to rest, and if available, encourage him or her to shower, bathe, or sponge off with a cold compress. Mild dehydration is best treated with small amounts of fluid often, rather than forcing large amounts all at once. Electrolyte solutions like sports drinks or similar products, and freezer pops are also helpful. Once a person becomes dehydrated, he or she is at risk for heat stroke or heat exhaustion.

Stay alert for the symptoms:

- ▶ Body temperature above 104°
- ▶ Confusion or bizarre behavior
- ▶ Strong, rapid pulse
- ▶ Lack of sweating
- ▶ Faintness or unconsciousness

If any of these are observed, medical assistance may be necessary. Typical treatment consists of the administration of intravenous fluids and a hospital stay. If heat-related illnesses go untreated, seizures, permanent brain damage, or even death can occur.

Remember: Dehydration and heat exhaustion are 100% preventable by being smart and sun-savvy! Drink water and embrace the shade—it's all about the balance.



A Recipe For Your Feelings

A poor diet affects more than your waistline. According to growing research, adults who consume more unhealthy food are more likely to report symptoms of either moderate or severe psychological distress than individuals who consume a healthier diet.

We are all aware of what foods to eat for our physical well being and it turns out they are the same for our mental well being. Cutting down on processed and fried foods and fatty meats can improve mood.

Studies have shown individuals who increased the number of servings of fruits and vegetables that they ate reported they were happier and more satisfied with their life. There was also a higher level of benefit in fresh over canned fruits and vegetables.

The connection between the gut and brain is also not to be overlooked. This connection provides a link to emotions like anger, sadness, anxiety, and joy. Diets like the Mediterranean diet which are rich in whole grains, legumes, seafood, and leafy vegetables high in fiber promote diverse, helpful bacteria in the gut. A healthy gut may be important in processing

neurotransmitters like serotonin that regulate mood.

It is important to note that no one diet, or change in diet, works for everyone. Some researchers and psychologists suggest it may be a matter of trial and error for some individuals. But the overall indication is that better, healthier food choices lead to a happier brain and person.



HEALTHY RECIPE: RED WHITE & BLUE POPSICLES

2 pints Raspberries, 1 c Blueberries, 2 c Vanilla Yogurt,
2 Tbsp Agave Nectar, *or sweetener of your choice*

- Puree raspberries with sweetener.
- Pour raspberry puree into popsicle molds.
- Mix blueberries with yogurt, add to molds.
- Freeze until solid.

Source: <https://www.homemadeinterest.com/red-white-and-blue-popsicles/>