

# EAP MONTHLY UPDATE

OCTOBER 2023

## Welcome to the EAP Monthly Update!

Do you sometimes finish a scrumptious meal and before long, you feel like a surly sloth who wants nothing more than to slump down beneath the table? Although your sub-table slump could be spurred by a conversation you had over dinner, it's more likely that you've taken in lots of refined carbohydrates and sugars in your food, plus some excess saturated fat. It's true that processed, sugary, high-calorie foods can sink your psyche. This month, learn how your diet directly impacts your mood.

### MONTHLY ARTICLE:

#### Connecting Your Diet and Mood

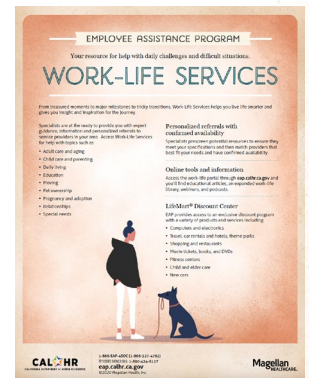
Certain foods help your brain produce chemicals that boost your mood, attention and focus while other foods zap your energy. The medical field increasingly acknowledges the connection between food and mood. Mood-boosting meals combine complex carbohydrates with lean proteins and colorful produce like the Mediterranean-style diet that has been noted for lessening symptoms of depression. It features an increased intake of vegetables, fruit, omega-3-rich fish, nuts, legumes and olive oil. Foods with low nutritional value (e.g., refined flour-based foods such as breads, crackers, baked goods and cookies, plus sugar-sweetened beverages) can lower energy and mood. Read the article on Connecting Your Diet and Mood in the Trending section on the [EAP website](#).



### EAP FEATURED BENEFIT:

#### Work-Life Services

When you're too busy to juggle everything in your daily life, remember the EAP offers timely help and assistance. Whether it's arranging child or elder care, getting legal assistance, or choosing a summer camp or finding a pet sitter, the EAP can save you time, money and stress. Our specialists provide personalized referrals to prescreened, qualified and available service providers. This ensures that the resources meet your needs and specifications for credentials, budget, location, hours, etc. Learn more on the [Work-Life Services flyer](#).



## MIND YOUR MENTAL HEALTH

### October is National Depression and Mental Health Awareness and Screening Month

Mind Your Mental Health (MYMH) raises awareness about important health issues to help you learn practical ways to support your own health and gain an understanding of how to help others.

In October, we emphasize the importance of recognizing and treating depression and other mental health conditions. When not treated, they can become debilitating and keep people from participating fully in life. A dangerous effect of severe depression is that it can lead to self-harm or suicide.

#### Mental Health Screening

- An anonymous mental health screening is a brief set of questions that calculates how many common depression symptoms you've had over the past two weeks and suggests where you might be on a scale from "not depressed" to "depressed" based on your answers.
- You can take a screening yourself or have a medical professional administer one. (A screening by itself doesn't result in a diagnosis.)
- The [Magellan Healthcare website](#) offers a variety of reputable, free self-assessments for behavioral/mental health, substance use and more.\* Once you complete an assessment, be sure to review your results and any recommendations with your doctor.

\*Note the assessments link to outside websites that are not monitored by or affiliated with Magellan Healthcare. If your screening results indicate you are at high risk, call 911 or go to the emergency room immediately.

Visit the [Mind Your Mental Health website](#) or call EAP for confidential mental health resources.

*Additional sources: Cleveland Clinic, Harvard Health Publishing, Healthline, National Institute of Health*

## UPCOMING LIVE WEBINARS

### October

#### [Leading an Anti-Inflammatory Lifestyle](#)

**Wednesday, October 11, 2023 | 11:00 – 11:45 a.m.**

**Description:** This class examines the connection between your diet and your mood. Look at the types of foods that impact inflammation—which can cause damage to cells, tissues and organs. Review habits you can adopt to promote an overall healthier, anti-inflammatory lifestyle.

### November

#### [Reducing Anxiety in the Moment and Beyond](#)

**Wednesday, November 8, 2023 | 11:00 – 11:45 a.m.**

**Description:** Examine the signs and symptoms of anxiety, recognized as the most common mental health disorder in the U.S. This webinar will introduce skills you can develop to manage the condition. Learn how to implement these techniques in your life on a day-to-day basis.

*These webinars are free and supervisor approval is required to participate. Space is limited. To register, visit the [EAP website](#). Scroll down to the bottom of the homepage. On the right side under the header for Featured Topics, click on the link for Access webinar.*

*Webinars are recorded and are available on the website approximately two to three weeks after a live event. To view past webinars, go to the [EAP website](#). Click on the Learning Center header. Scroll down on the Learning Center page. On the left side of the page, click on Webinars. Click on View More to select the individual webinar recording and access the slideshow and any handouts shared during the webinar.*