Mental Health Awareness

May is mental health awareness month. We’ve put together these resources to help you take control of your mental health!

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| Energize your mind and body with these opportunities   * **Monday, May 16 and 23** – In-person Yoga with Diana: 12:00-1:00pm. GSU 331/333 * **Wednesday, May 18 and 25** – In-person Pilates with Carmen: 12:00-12:45pm GSU 331/333 * **Monday, May 16** – In-person Wholistic Health: Balancing the mind, body, spirit and emotion with Peter Oliver, Associate Professor of Educational Psychology and Human Development/Education: 12:00-12:30pm, GSU 335 * **Saturday, May 21** - National Alliance on Mental Illness (NAMI) Walk at Bushnell Park: [**Register Here**](https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=1209) * **Aetna Bridges Around the World Challenge** – it’s not too late to get a team and register! [**Register Here**](file:///\\bart\HRDcommon\Wellness\Wellness%20Initiatives\2022\Mental%20Health%20Awareness\member.virginpulse.com) |

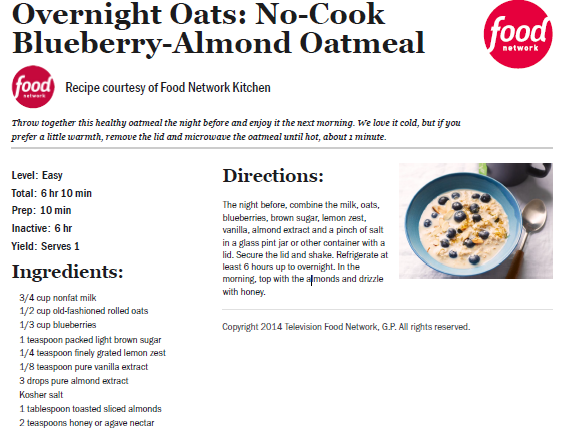
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| **Continuing education** financial wellness Ease stress by focusing on financial wellness. Register for these TIAA webinars or make an individual appointment with our dedicated TIAA Rep: [TIAA Webinars](https://www.hartford.edu/unotes/2022/04/may-tiaa-webinars.aspx) [Individual Consultations](https://www.hartford.edu/unotes/2022/03/tiaa-individual-consultations-2022.aspx) | The Science of happiness Learn about The Science of Happiness through this free, self-paced class. This will teach practices for a happy, meaningful life. Enroll here: [The Science of Happiness](https://www.edx.org/course/the-science-of-happiness-3) | Mental health awareness guidebook Understand more about mental health with this guidebook provided by Aetna: [Mental Health Awareness Guidebook](file:///C:\Users\thibodeau\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\K9Y6M4VX\Mental%20Health%20Awareness%20Guidebook.pdf) |
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|  | don’t forget the eap! The University of Hartford offers an Employee Assistance Program for regular full-time and regular part-time employees, their spouses, dependent children and/or anyone living with them. Administered by The Lexington Group, Inc. the EAP provides up to six private and confidential consultations per problem, per family member, free of cost to the employee. Common problems the EAP can help with are: marriage and family, financial concerns, elder care support, finding child care and more. Visit [The Lexington Group](https://the-lexington-group.com/) to get started. |

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| Utilize all that Aetna has to offer Our Aetna health insurance provides many benefits for mental health care to both members and non-members.  Members can access Aetna’s behavioral health website using the same login for the Aetna member site to get resources and tools, find a provider and more. Visit [**Aetna Behavior Health**](https://www.aetna.com/AccountManagerV3/v/login?identityTransaction=sOnRoKzfsHfbmoID5C%2FOUdGIJ5Zb21TK0j0%2FnV%2BGtB96ZySdrUPl%2FiuUyRsi8J4ya%2FzfU4auP1IMeDaV%2FXAnJ2YZy4Hk2w2%2Bpu4im2%2FX%2FZhT3zgbsfQl58PrXP2syVhCCaasa1UBNxm%2FDQD4xdzpPlIys16tH5oGhnaFzP1tQx97ckBeBIjBj6gtpnYZ8UwJQCvPjoSa3QVq32l6HFhqsVTJqwKQJuklbKSK1noXC6yxWc2sZvygO1jltHLzKEJFfEvHCOiNVkQ9X7IuYY%2F3Wu7kNS18ZTAQe02YxXOrYs8fTHYa%2Bz3ZZeE8RrtDWEGDABx8oLEEyvzyXCg4Q9AtK7hy0Crn55CvDPcWVlbqngccvw%2BqXi8cr8IYrXTKnCka8aGcQAPShPewZEpvHbnftT%2FJhqqc6VjOBWTW7BZrPRg%3D&appname=ABH&branding=&skin=&language=&channel=web) for more information.. | Members and non-members can utilize MindCheck: Take control of your emotional health. This online tool lets you measure your mindset and get resources to help with a variety of topics. Log In/Register here: [**MindCheck**](https://www.mindchecktoday.com/) |
| Teladoc Teladoc, made available through Aetna allows members to talk to a therapist or psychiatrist seven days a week from wherever you are. Utilizing this benefit is easy:  Learn more at [Teladoc](https://www.teladoc.com/Therapy/) |  |
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| LifeMart Aetna members also have access to a variety of discounts through the LifeMart website. Members can save $40 on a 1-year subscription to the Calm App, which can help with sleep and meditation. Login or create an account here to access this deal and all others: [LifeMart](https://discountmember.lifecare.com/registration/register1.rtml?service=registration&member=1&corp_or_ccode=NAVIGATOR)   HEADING 2 TEXT HERE Heading 7  Aetna members also have access to a variety of discounts through the LifeMart website. Members can save $40 on a 1-year subscription to the Calm App, which can help with sleep and meditation. Login or create an account here to access this deal and all others: [LifeMart](https://discountmember.lifecare.com/registration/register1.rtml?service=registration&member=1&corp_or_ccode=NAVIGATOR)  Some of the sample text in this document indicates the name of the style applied. To get started right away, just tap any placeholder text (such as this) and start typing. View and edit this document in Word on your computer, tablet, or phone.  Website “Find even more easy-to-use tools on the Insert tab, such as to add a hyperlink or insert a comment.” |

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Directions:

The night before, combine the milk, oats, blueberries, brown sugar, lemon zest, vanilla, almond extract and a pinch of salt in a glass pint jar or other container with a lid. Secure the lid and shake. Refrigerate at least 6 hours up to overnight. In the morning, top with the almonds and drizzle with honey. Yields 1 serving.



Directions:

Stir together quinoa and water in medium saucepan over medium high-heat; bring to boil. Reduce to medium-low, cover and cook until tender, about 12 minutes. Remove from heat and keep covered. Let sit 3-5 minutes. Set aside.

Stir together yogurt, tahini, lemon juice and garlic in large bowl for salad. Add water, 1 tbsp. at a time, until desired consistency is reached. Season with salt. Set aside.

Pull stems off kale. Tear leaves and place in bowl with dressing. Shave carrots into long ribbons and add. Add chickpeas and cherries. Toss to coat.

Heat oil in nonstick skillet or medium heat. Cook salmon, skin-side down until crisp, about 4 minutes. Flip and cook until desired degree of doneness.

Divide quinoa. Add the kale salad and top with salmon. Top with a drizzle of olive oil, black pepper and serve!

**Salmon Quinoa Bowl**

Recipe courtesy of All Recipes

Ingredients:

* ½ cup quinoa
* ¾ cup and 2 tbsp water
* ¼ cup Greek yogurt
* 2 tbsp tahini
* ½ tbsp. lemon juice
* ¼ tsp. grated garlic
* 1 ½ tbsp. water
* ¼ tsp. Kosher salt
* 8 oz kale
* 1 carrot
* 1 can chickpeas
* ¼ cup dried cherries
* ½ tbsp. olive oil
* 2 skin-on salmon fillets
* Colorful fruits – raspberries, blueberries,
* Leafy green vegetables – kale, spinach
* Whole Grains – brown rice, oatmeal, quinoa
* Legumes – chickpeas, lentils
* Nuts – almonds, Brazil nuts
* Seeds – flaxseeds, chia seeds
* Fermented foods – yogurt, kimchi
* Seafood – salmon, mackerel or trout

## Power foods

Did you know adding power foods to your diet can benefit your mental health? Regularly incorporating these foods can help fight depression, anxiety, and reduce stress.

**Try these recipes that incorporate some of the power foods above!**

**Overnight Oats: No-cook Blueberry- Almond Oatmeal**

Recipe courtesy of Food Network Kitchen

Ingredients:

* ¾ cup nonfat milk
* ½ cup old fashioned rolled oats
* ⅓ cup blueberries
* 1 tsp. packed light brown sugar
* ¼ tsp. finely grated lemon zest
* ⅛ tsp. pure vanilla extract
* 3 drops pure almond extract
* Kosher salt
* 1 tbsp. sliced almonds
* 2 tsp. honey or agave nectar