

A monthly wellness newsletter from Better You

Check in on your child's mental health

In today's world, it can be just as hard to be a kid as it is to be the parent of one.

What's certain, though, is the importance of checking in regularly with your child or teen to see how they're doing in all aspects of their life, including mentally, socially, emotionally, and physically.

In 2023, 50% of young adults (ages 18 – 24) reported symptoms of anxiety or depression, while more than 15% of children ages 12 to 17 reported suffering from at least one major depressive episode in the past year.¹

So, while it's common for young people to go through behavioral or emotional challenges as they age, often these issues resolve with time. If not, there might be something deeper going on that requires professional help.

Here are some warning signs to look for if you think your child is struggling with their mental health:

- Persistent sadness, difficulty concentrating

- Decline in school performance and interest
- Changes to sleeping or eating patterns
- Mood episodes that last for days or weeks
- Self-harm or talk of suicide
- Frequent headaches and stomachaches

Ways to stay supportive of your child.

By being candid about mental health from a young age, adults can teach children to feel more comfortable asking for help.

- Be there to listen and make sure they feel safe and supported with their feelings
- Take an active interest in their lives, interests, hobbies, etc.
- Ask open-ended check-in questions, like:
 - How are you feeling?
 - Tell me about your day.
 - What was the best part of the past week for you?
 - What was the hardest part of the past week for you?
 - How can I support you better?



[Join us Thursday, May 16](#) for a **webinar on youth mental health**. For both young people and adults, taking care of your mental health is just as important as taking care of your physical health. Learn more from Florida Blue's very own Dr. Kim Sundling, behavioral health clinical pharmacist, and Debbie Del Rosario, LCSW, senior director of behavioral health clinical programs, as they discuss what we can do to support youth mental health and create a world where young people can thrive.

This free webinar is open to everybody in the community, so share with others you feel may benefit.

[Find out more](#) about factors, signs, and resources for youth mental health.

¹Resource: [kff.org](https://www.kff.org) (Kaiser Family Foundation)

Blood pressure and pregnancy

Did you know that blood pressure affects pregnancy? Preeclampsia, a dangerous blood pressure condition, can begin after 20 weeks of pregnancy and after childbirth. Your blood pressure rises, affecting your kidneys and liver, so they don't work normally. To prevent serious complications, it's important to know the symptoms, see your doctor regularly, and take preventive steps.

Let your doctor know if you have these symptoms:

- A severe headache

- Excessive weight gain, such as 2 pounds in a week
- Unusual swelling of the hands, feet, or face
- Changes in vision, such as blurriness or seeing spots
- Pain in the upper belly

Take preventive steps:

- Go to your prenatal visits which include a blood pressure check
- Gain a healthy amount of weight
- Exercise regularly, if approved by your doctor



- Limit stress and find time to relax
- Avoid smoking

Early detection and medical care will help you and your baby stay healthy. Florida Blue also offers pregnant members a prenatal education program, Healthy Addition®. Simply email healthyaddition@floridablue.com or call 1-800-955-7635, option 6.

Resources: [The American College of Obstetricians and Gynecologists](#); [March of Dimes](#)

Kale Salad with Quinoa & Chicken (Serves 2)

Ingredients:

- 4 cups chopped kale
- 1 ½ cups shredded cooked chicken
- 1 cup cooked quinoa
- ¼ cup slices jarred roasted red peppers
- ¼ cup Greek salad dressing (see Tip)
- 1 ounce crumbled feta cheese

Directions:

Place kale, chicken, quinoa and roasted peppers in a large bowl. Add dressing and toss to coat. Top with feta, if desired.

Tip:

Look for a store-bought salad dressing that's low in sodium and added sugar.



Recipe courtesy of [Eatingwell.com](#); for nutritional information click [here](#).

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May Better You Pursuit Newsletter – Florida Blue

May is **National Mental Health Awareness** Month. If you or your loved ones have been experiencing feelings of anxiety, burnout, and even depression, you don't have to walk the road alone. We, at [Florida Blue](#), are here for you. Read on to access the many resources we provide to support you and those you care about.

NEWSLETTER (attached) – May 2024 highlights are:

- Check in on your child's mental health
- Blood pressure and pregnancy
- Recipe of the month: Kale Salad with Quinoa & Chicken

STATEWIDE LIVE WEBINARS

You are staying informed, getting resources, and speaking with experts on a variety of health topics for a Better You just a few clicks away! Register today for [Florida Blue's wellness education live webinars](#). Or point your smartphone camera to the QR Code below. All times are Eastern.



Upcoming topics: Interested in a topic but cannot attend? Still register! You will receive the link to the live webinar recording the day after the event.

- ✓ Staying Hydrated (Ask the Dietitian) – Wednesday 5/8 1:00 – 1:45pm ET/12:00 – 12:45pm CT
- ✓ Weight and Chronic Conditions (3-week series) – Thursdays 5/9, 5/16, 5/23 2:00 – 3:00pm ET/1:00 – 2:00pm CT
- ✓ Mental Well-Being for Caregivers – Tuesday 5/14 1:00 – 1:45pm ET/12:00 – 12:45pm CT
- ✓ Healthy Eating: Mindful Eating (Ask the MD – Sanitas) – Wednesday 5/15 12:00 – 1:00 pm ET/11:00am – 12:00pm CT
- ✓ Youth Mental Health (Behavior Health) – Thursday 5/16 1:00 – 2:00pm ET/12:00 – 1:00pm CT

Have you missed past webinars? [Listen to past webinars recordings here](#).

FLORIDA BLUE ANSWERS

Becoming and staying healthy can help you lower your healthcare premiums. Learn how with these tips and resources.

- [There is no health without mental health](#)
- [Online tools for mental well-being](#)
- [Exploring youth mental health](#)
- [Social media and youth mental health](#)



HEALTHY NUGGETS (Short videos) ~ MAY – National Mental-Health Awareness Month

Are you recharging your electronic devices more often than you are recharging your batteries? With the demands of our professional and personal lives, it is common to feel overwhelmed and burned out. Taking just a few minutes for yourself throughout your busy day to “unplug & recharge” will help you stay focused, energized, and calmer. Take **Small Steps to a Better You** with our healthy nuggets.

- [Feel more relaxed in 30 seconds](#) (0:41)
- [Health benefits of a news break](#) (0:45)
- [Soak your worries away](#) (0:47)

FLORIDA BLUE CENTERS

Get support from our friendly team members at your local Florida Blue Center. Our community specialists and nurses can help you understand your health plan, compare costs, enroll in rewards, connect with local resources, improve your health with care management, and a lot more. [Find a Florida Blue Center near you](#) and schedule an appointment (not required but suggested).