

A monthly wellness newsletter from Better You

Exploring the youth mental health crisis

The youth mental health crisis in America has been on the rise for years. But since the COVID-19 pandemic hit in 2020, it's only gotten worse. According to the U.S. Surgeon General, mental health is the leading cause of poor life outcomes in young people. And this fact is especially true for children in marginalized or diverse communities. If you're the parent of a child or adolescent, there are some important things to know when dealing with youth mental health.

What factors can have an impact on a child's mental health?¹

There are several factors that can affect a child's mental health, including:

- **Society** – Inequalities or discrimination as part of a child's social and economic status.
- **Environment** – How safe is the neighborhood? What kind of access is available to nature and healthy food?
- **Community** – A child's relationship to community figures like teachers or pastors, or what their experience is like at school.
- **Family** – A child's relationship to their parents or other family,

or financial stability and other issues in the home.

- **Individual** – Your child's age, gender, sexual orientation, or how they cope with problems.

What are the warning signs?

While it's common for children to go through behavioral or emotional problems as they age, often, these issues resolve with time. If not, there might be something else going on.

- **Persistent sadness and neglect.** Sad or depressed behavior lasting for two weeks. This could also include not wanting to bathe, brush their teeth, or change their clothes.
- **Decline in school performance and interest.** Like poor grades or missing school and activities. You might see your child lose interest in things that used to bring them joy.
- **Changes to sleeping or eating patterns.** This could be trouble sleeping or sleeping too much. You might also see changes in appetite.
- **Severe mood swings.** This might include extreme irritability, changes in personality, or out-of-control and harmful behavior.
- **Difficulty concentrating.** Maybe it's trouble paying attention



or making decisions, or it could be difficulty remembering certain things.

- **Self-harm or talk of suicide.** Look for signs like cutting, burning, or the appearance of unexplained bruising and scratching.
- **Frequent headaches/stomachaches.** This could be a sign of anxiety or other mental health disorder and can interfere with someone's daily activities.

Just remember, you know your child or loved one best. If you sense something is off, or if your child comes to you for help, take it seriously and be supportive!

To learn more, [join us](#) for a live webinar May 18, 2023 at 1:00 p.m. ET.

Resource: ¹[U.S. Department of Health and Human Services](#)

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Embrace menopause with confidence

Menopause is a time to refocus on your health and wellness. Understanding your body changes and keeping a positive mindset can make a big difference in your well-being. Talk with your doctor, and your like-menopause friends, to help ease your concerns and prepare for what's to come. It is a natural and normal part of every woman's life that you can embrace with confidence.

Here are some suggestions to help you feel your best:

Stay positive

- Be mindful of your thoughts. Think positive thoughts throughout the day.
- Laugh. Laughter feels good, reduces stress, improves memory, boosts your immune system and so much more.

- Stay connected. Social support is good for your health and longevity.

Make healthy choices

- Eat balanced meals. Include foods that support hormonal balance such as tofu, tempeh, sesame seeds, apples, carrots, and wheat germ.
- Stay hydrated. It increases your energy and helps rid your body of waste, keeps your temperature normal, cushions joints and protects sensitive tissues.
- Limit your caffeine, alcohol, and sugar intake.

Be good to your body

- Exercise regularly. Try a mix of core exercises, cardio, stretching and weight training.
- Avoid sitting for long periods.



Physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age.

- Get a good night's sleep. We know this isn't always easy, but 7 to 8 hours is healthful.
- Relax. Try deep breathing exercises, guided meditation, prayer, and yoga.

To learn more, [join us](#) for a live webinar May 9, 2023 at 1:00 p.m. ET.

Resources: webmd.com; mayoclinic.org; medlineplus.gov

Beet Burgers (Serves 6)

Ingredients:

- 1 tablespoon extra-virgin olive oil
- ½ cup diced onion
- 1 large egg
- 1 cup grated peeled beet
- 1 cup grated carrot
- ½ cup grated Parmesan cheese
- ½ cup cooked brown rice
- ½ cup toasted unsalted sunflower seeds
- ¼ cup toasted sesame seeds
- 3 tablespoons whole-wheat flour
- 2 tablespoons chopped fresh parsley

- 1 teaspoon reduced-sodium soy sauce
- ¾ teaspoon kosher salt

Directions:

Preheat oven to 375 degrees F. Line a baking sheet with parchment paper.

Heat oil in a small skillet over medium-high heat. Add onion; cook, stirring occasionally, until soft and golden, about 3 minutes.

Whisk egg in a large bowl. Stir in beet, carrot, Parmesan, rice, sunflower seeds, sesame seeds,



flour, parsley, soy sauce, salt and the onion until well combined. Using 1/2 cup for each, shape the mixture into 6 patties, each about 2 1/2 inches wide. Place on the prepared pan.

Bake until browned and heated through, about 30 minutes. Serve on buns with your favorite toppings, if desired.

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

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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