

PURSUIT

MAY 2022

Florida Blue 
BetterYou 

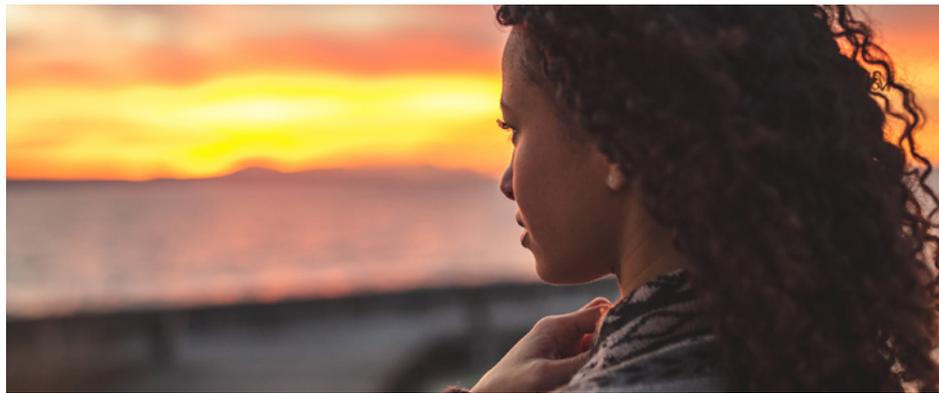
A monthly wellness newsletter from Better You

Protect Your Mental Health

Mental health challenges are some of the most common health conditions people face. Yet, many of us put our mental health on the backburner. And living through a pandemic has complicated matters for many of us.

Taking care of your mental health is just as important as taking care of your physical health. In fact, your mental health can affect your overall health. For example, depression can increase your risk for conditions such as diabetes, heart disease and stroke. And people who live with ongoing health conditions are more likely to face mental health challenges, even if they never experienced them before their illness.

“Our mental health is always changing. Many of us have experienced more stress and anxiety during the COVID-19 pandemic. Living with chronic stress and anxiety can affect your ability to feel joy from things you love to do,” says Dr. Nick Dewan, vice president of behavioral health for Florida Blue.



If you aren't quite feeling like yourself, lately, try taking some small steps to turn things around. Check out this video from Dewan about setting small goals to improve your mental health.

Dr. Dewan suggests doing something you've enjoyed in the past, like visiting a friend. If it's hard to feel the same joy from things you love, switch it up a little. Listen to new music or walk in a different park. “Trying something different can help you rediscover your joy,” Dr. Dewan says.

If you're not sure if you or someone you love is experiencing a mental health problem, check out the early warning signs posted on [mentalhealth.gov](https://www.mentalhealth.gov). Always talk to your doctor about your mental health and any symptoms you feel. Your doctor can develop a treatment plan to help you feel your best.

Here are some resources from Florida Blue you can try:

- Florida Blue Center community specialists can answer questions and help you find resources. Visit your local center or call 877-352-5830 or learn more at floridablue.com/center.
- Visit the Florida Blue website for more information to support your mental health at floridablue.com/wellbeing.

Remember, there's no health without mental health.

If you would like to learn more, [click here](#) to join us for a live webinar on Thursday, May 19, 2022 at 1:00 pm Eastern time.

Resources: [heart.org](https://www.heart.org); [cdc.gov](https://www.cdc.gov); [mentalhealth.gov](https://www.mentalhealth.gov)

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Perinatal Depression

Having a baby is usually a joyful time. However, your body and emotions go through many changes during pregnancy, and some women experience sadness, anxiety, fear and stress. These feelings can lead to Perinatal Depression during or after pregnancy.

You may have perinatal depression if you have any of the following symptoms:

- Feeling hopeless or anxious
- Loss of interest in self-care (dressing, bathing etc.)
- Having severe mood swings
- Feeling sad, tearful and/or

depressed most of the day, nearly every day

- Having little interest in things you normally enjoy
- Changes in eating or sleeping habits
- Having trouble focusing, remembering things or making decisions
- Lack of concern or worrying too much for the baby
- Having difficulty bonding with your baby
- Harmful thoughts towards yourself or your baby

Perinatal depression affects many women and can be treated successfully. Here are some things that can help:

- Talk to a Health Care or Mental Health Care Provider

- Reach out to family and friends
- Join a support group or seek counseling
- Focus on wellness (rest, eat healthy, stay active, reduce your stress)
- Take time for yourself
- Take medicine as recommended by your Health Care Provider

Perinatal depression can make it hard for you to get ready for your baby and take care of your baby after birth. If you are having any symptoms, know you are not alone and seek help as soon as possible.

Florida Blue pregnant members are eligible to enroll in the Healthy Addition® Prenatal Education Program. Email: healthyaddition@floridablue.com or call: 1-800-955-7635 option 6

Resources: [ACOG](#); [MOD](#); [HRSA Maternal Health](#)

Sauteed Broccoli with Peanut Sauce (Serves 6)

Ingredients:

- 8 cups broccoli florets (2-inch pieces)
- 2 tbsp toasted sesame oil
- 1 cup sliced red bell pepper
- ½ cup sliced yellow onion
- 3 medium cloves garlic, chopped
- 3 tbsp smooth natural peanut butter
- 2 ½ tbsp reduced-sodium tamari
- 2 tbsp rice vinegar
- 1 tbsp light brown sugar

- 1 tsp cornstarch
- 1 tsp toasted sesame seeds

Directions

Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add broccoli, cover and cook until tender-crisp, 3 to 4 minutes.

Meanwhile, heat oil in a large skillet over medium-high heat. Add bell pepper, onion and garlic; cook, stirring often, until the vegetables begin to soften, about 3 minutes. Add the steamed broccoli and cook, stirring, for 3 minutes.



Whisk peanut butter, tamari, vinegar, sugar and cornstarch in a small bowl until smooth. Stir into the vegetables. Cook, stirring, until the sauce thickens, about 1 minute. Sprinkle with sesame seeds.

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

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

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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