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BROWARD
County Public Schools

Wellness Newsletter

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Live. Life. Well.

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Mental Health

Getting Past the Mental Health Stigma

Public perception about mental health has become much more positive in recent years, but some people still feel uncertain about seeking help. Whether you want to see a professional yourself, just have a few questions or are worried about attending an upcoming appointment, here are a few ways to put your mind at ease.

1

Know What to Expect

Do not fear the unknown. Speak with a friend who has previously sought help or do a little research on your own to understand what will happen at your first appointment.

2

Research Your Options

If you want to seek in-person help but do not know where to begin, simply research for mental health professionals near you or call your insurance provider. Next, eliminate anyone with an unrelated specialty until you have a list of professionals well-versed in your area of need. Finally, take the remaining names and look for online reviews that can point you in the right direction.

3

Check with Your Health Insurance

Aetna provides affordable coverage for local assistance. Call member services at 1-800-562-7822 for added details.

4

Call an Anonymous Help Line

Help lines are the most well-known phone service for mental health. Call in and ask a few questions in a safe, stress-free space. For example, 2-1-1 offers telephonic assistance in English, Spanish and Creole.

Find Your Purpose

What makes you feel happy and fulfilled? Are there goals that you can set and changes that you can make to feel positive more often?





Mental Health Assistance

Finding In-Person and Online Mental Health Resources

Specific mental health assistance depends on your age, unique situation and personal and medical history. However, there are a number of terrific in-person and online resources that can point you in the right direction or help you learn more.

- Visit your family doctor. If you are comfortable sharing your challenges with your family doctor, he or she can help determine if there is a medical cause for your troubles and refer you to a specialist as necessary.
- Check your insurance policy and compile a list of eligible providers. Call Aetna at 1-800-562-7822 for details.
- Research local providers by utilizing reviews such as www.ratemydoctor.com.
- Call a help line. A good general resource is the Treatment Referral Helpline from the Substance Abuse and Mental Health Services Administration (SAMHSA) at 1-800-662-HELP. The SAMHSA help line is a confidential, free, 24-hour-a-day, information service offered in English and Spanish. It is available to anyone facing mental and/or substance use disorders and provides referrals to local treatment facilities, support groups and community-based organizations. Callers can also order free publications and other information.



The difference between Psychologists and Psychiatrists and Therapists:

Therapist

Therapist is a broad, general term that can apply to a counselor, psychologist or psychiatrist or other mental health worker.

Psychologists

Psychologists have advanced degrees in psychology (a PhD or PsyD) but do not have a medical degree. They are highly qualified to provide counseling, but cannot prescribe medication in most states.

Psychiatrists

Psychiatrists have a medical degree and can prescribe medication. If counseling/therapy is also required, they may provide this themselves or refer you to a psychologist.

Licensed Mental Health Counselors

Licensed Mental Health Counselors have a master's degree in psychology, counseling or a related field. They must also have an additional two years of experience working with a qualified mental health professional after graduation.

Benefits of Yoga and Exercise on Your Health

The Big Health Benefits of Yoga

You should not only worry about your mental health when you're in a state of crisis. Yoga incorporates physical activity, breathing techniques and meditation. It is the perfect way to reduce stress levels while getting a little exercise too.

Physical Health Benefits

- Increased flexibility
- Improved respiratory health and posture
- Decreased chronic pain issues, such as lower back, arthritis, headaches and carpal tunnel syndrome
- Strengthens muscles



Mental Health Benefits

- Reduced stress
- Improved focus and concentration
- Deeper sleep
- Slower, deeper rate of breathing (which creates a sense of calm)
- Raises self-awareness about your whole body, leading to an increased focus on self-care





September Recipe

Avocado Chicken Salad

A very descriptive name for a very delicious smoothie

INGREDIENTS

- 1½ pounds boneless, skinless chicken breasts
- 2 cups organic, low-sodium chicken broth
- 1 dried bay leaf
- 1 medium avocado, diced
- ½ cup red onion, diced
- 2 tablespoons cilantro, chopped
- ½ cup plain, non-fat Greek yogurt
- ¼ cup light mayonnaise
- 2 tablespoons lime juice
- ¼ teaspoon salt
- ½ teaspoon cumin
- ¼ teaspoon garlic powder

INSTRUCTIONS

1. In a medium stockpot, bring the chicken broth to a boil. Add the bay leaf and chicken, then bring back to boil.
2. Reduce the heat to medium-low and simmer covered for 15 minutes, flipping the chicken at the halfway mark, until the internal temperature reads 165°F.
3. Discard the bay leaf. When the chicken cools enough to touch, shred it and set it aside.
4. Prepare the dressing in a large mixing bowl by whisking together the yogurt, mayonnaise, lime juice, salt, black pepper, cumin and garlic powder.
5. Add the avocado, red onion, cilantro, and cooled shredded chicken to the bowl. Gently toss all of the ingredients together.

Total Time (Cook & Prep):
30 minutes

Servings: 5



NUTRITION INFO

(per serving)

294 calories

12 g fat

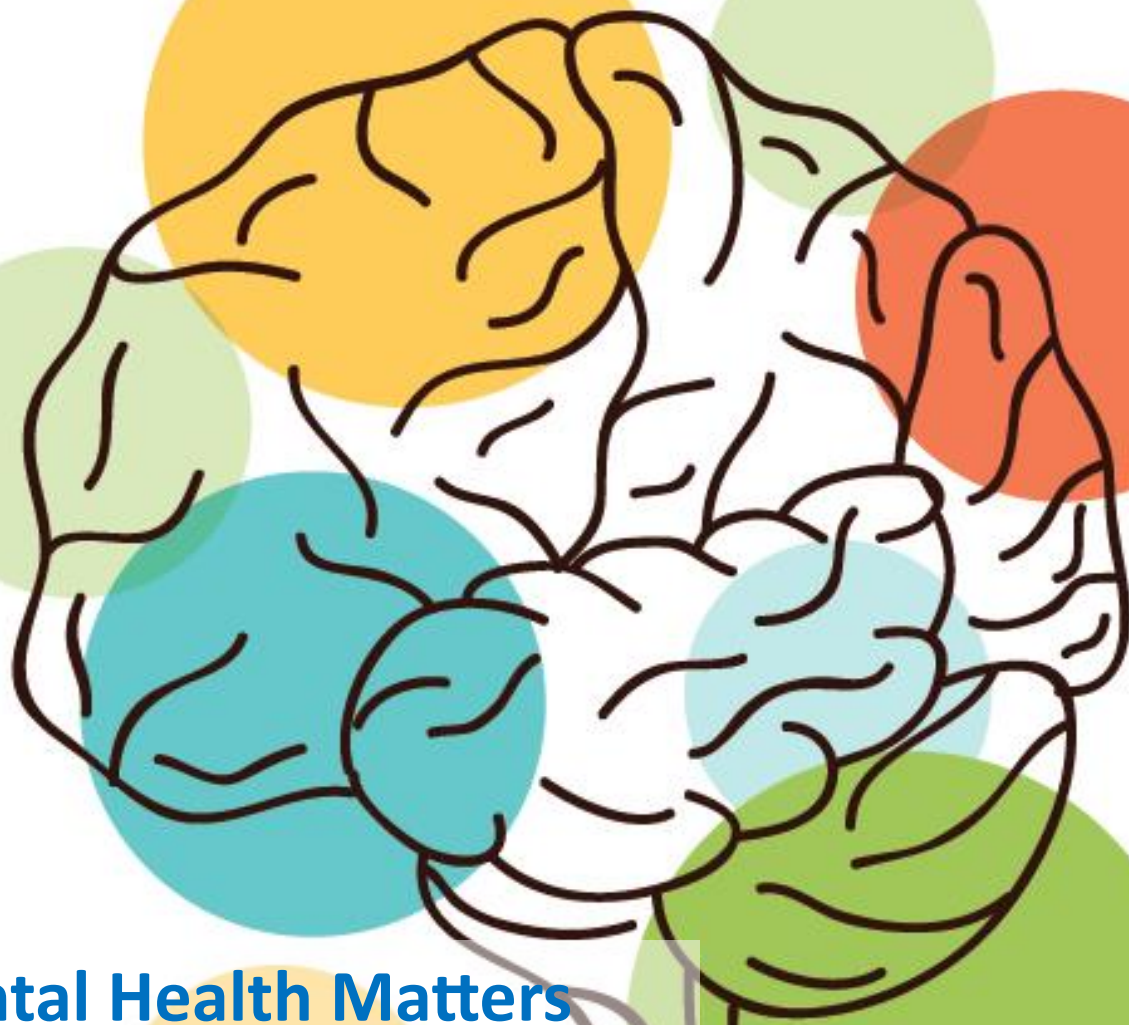
107 mg cholesterol

539 mg sodium

8 g carbohydrates

3 g fiber

41 g protein



Mental Health Matters

Why is it important to get up every 60-90 minutes during the work day? Short, frequent breaks of light to moderate activity will reduce your stress, improve your mood, boost your energy level, sharpen your focus and memory, and assist you with weight loss.

Incorporate these low-level activities into your daily routine:

- Create your own sit-stand workstation
- Instead of conducting meetings sitting down, do a walking or standing meeting
- Take the stairs instead of the elevator

Remote workers can consider these tips:

- Take a short walk around the block
- If you have a dog, take your pet outside for a walk, or play by throwing a ball. Always brings a smile and some stress relief
- Tackle a small chore, such as taking the garbage out, throwing in a small load of laundry, or quickly going through mail as a mini break

Here is another thing to consider: drink more water. This will ensure a trip to the restroom, forcing you to get up and move. The key is to find something that works for you, whether in an office or home setting. By getting up and moving, you will be more productive and will naturally improve your health at the same time.

WHAT YOU NEED TO KNOW FOR 2020 OPEN ENROLLMENT

**Open Enrollment for 2020 will begin
Tuesday, October 1, 2019
and will end on Friday, October 25, 2019.**

- The benefits that you select during the Open Enrollment period in October, will take effect on January 1, 2020.
- If you would like to add new unverified dependents (spouse, children, or domestic partner) to your Medical, Dental and/or Vision Plan(s), you will be required to complete the Dependent Verification Process no later than Friday, October 25, 2019. You must present the required Dependent Verification document(s) to a Benefits Department Staff Member. Some of the required documents include, but are not limited to Marriage Certificate (for spouse), Birth Certificate, Adoption, or Legal Guardianship Records (for children). Documents written in languages other than English **MUST** be translated into English by a certified Translation Company. For further information regarding the Dependent Verification Process, please log-on to the Benefits Department website at browardschools.com/benefits, click on the Open Enrollment link, then select the Dependent Verification FAQ Document.
- The first dependent premium deductions, if applicable, will be deducted from your December 2019 paychecks for 2020 coverage. The per paycheck deduction will be noted on your Benefits Confirmation Form, which you can print by accessing Employee Self-Service (ESS). Please refer to the 2020 Open Enrollment User Guide for guidance, which is located on the Benefits Department's website at browardschools.com/benefits, by selecting the Open Enrollment link. In addition, your per paycheck deduction is based on the number of deduction checks you earn per year, in accordance with

your assigned payroll calendar. To view an example of the bi-weekly dependent premium deduction calculation, please refer to the "Dependent Premium Bi-Weekly Deduction Chart" located on the Benefits Department's website at browardschools.com/benefits by selecting the Open Enrollment link.

- There are many useful resources, phone numbers and links to assist you on the Benefits Department's website at browardschools.com/benefits. The Benefits Department, in addition to the District's benefits carriers, will be available for questions at select locations throughout the District during the month of October. A listing of the locations can be found on the Benefits Department's website by clicking on the 2020 Open Enrollment link. Should you have any questions, you may call the Open Enrollment Hotline at 754-321-3230, or email us at open.enrollment@browardschools.com.
- Open Enrollment must be completed online through Employee Self-Service (ESS). A Benefits Confirmation Form should be printed and kept as proof of enrollment and coverage for you and your dependent(s), if applicable. Please note that ESS is NOT AVAILABLE on Saturdays from Noon until Sunday at 1 p.m. and on Mondays, if your paycheck is being processed for that particular week. For Technical Support Assistance, please contact the ETS Help Desk at 754-321-0411, Monday – Friday, 7:00 a.m. – 4:00 p.m.
- As a reminder, please keep in mind that while Open Enrollment takes place on Tuesday, October 1 through Friday, October 25, 2019, the benefits you select will go into effect on January 1, 2020.

**Remember, the last day
to make changes for
Open Enrollment will be
Friday, October 25, 2019.**





The Wellness Newsletter is prepared for you by Gallagher Benefits Services, Inc., Navigate Wellbeing Solutions, and Broward County Public Schools Benefits Department. The contributions included in this newsletter do not specifically reflect your employer's opinions. Please consult your healthcare provider before making any changes in diet, exercise or recommendations made by this publication.

