

# Live Well Work Well

June 2024




## Warren Hills Regional School District

### Breaking Down Mental Health Stigma

Mental illnesses are among the most common health conditions in the United States. According to the National Alliance on Mental Illness (NAMI), 1 in 5 adults experience a mental health disorder ([aetna.com](https://www.aetna.com) / [horizonblue.com](https://www.horizonblue.com)) each year. Despite the prevalence of illnesses and increasing recognition of mental health as critical to overall well-being, stigma remains a significant barrier to treatment and support. Fear of judgment and discrimination can prevent some from seeking help.

NAMI reports that nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.



It's imperative to raise awareness and educate others about mental health to combat stigma and create a more compassionate and supportive society. Here are some tips for reducing the stigma associated with mental health:

- **Educate yourself and others.** Understanding the complexity of mental illness, including substance use disorders, can help dispel misconceptions.

Take the time to learn about mental health conditions, symptoms, and treatments.

- **Talk openly.** Break the silence surrounding mental health by initiating open and honest conversations with friends, family, and colleagues. By sharing personal experiences or listening without judgment, you can create a safe space for others.
- **Choose your words carefully.** Avoid stigmatizing words and use person-first language emphasizing the individual, not their condition.
- **Encourage equality between physical and mental health conditions.** Mental illness is a medical condition and should be treated like a physical ailment ([aetna.com](https://www.aetna.com) / [horizonblue.com](https://www.horizonblue.com)).

Together, we can break down barriers that inhibit healing and acceptance. Find out about your behavioral health benefits at our *Benefits Online* website: [warrenhills.org](https://www.warrenhills.org) / District / Business Office / Health Benefits Site.

#### Summertime Life Events Reminder

While generally able to change benefit elections only during Open Enrollment, certain life events qualify as an exception. If you experience, for instance, a spouse's loss of coverage, marriage, or birth over the summer, notify the District benefits contact immediately to learn your options. Learn more at [aetna.com](https://www.aetna.com) / [horizonblue.com](https://www.horizonblue.com).

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# The Benefits of Active Recovery

A complete fitness routine ([aetna.com](https://www.aetna.com) / [horizonblue.com](https://www.horizonblue.com)) includes training and strategic recovery. Unlike passive recovery, which involves rest, sitting, or inactivity, active recovery keeps you moving and engaged in low-intensity exercises. Active exercises can facilitate faster muscle recovery and enhance performance. Think of it as an add-on to your fitness routine—recovering for 10 to 15 minutes after a strenuous workout or taking it easy the following day. Consider these benefits of active recovery activities:

- Reduced lactic acid buildup in muscles
- Decreased muscle soreness
- Improved circulation
- Flexibility maintenance
- Injury prevention

Active recovery exercises are generally considered safe. However, avoid active recovery if you're injured or in pain, and your doctor ([aetna.com](https://www.aetna.com) / [horizonblue.com](https://www.horizonblue.com)) should immediately evaluate you.



# Seasonal Eating Health Benefits

It's normal to see the same produce available year-round in today's market. However, that doesn't mean the quality is the same throughout the seasons. Eating seasonally helps you take advantage of the harvest schedule. Fortunately, the spring months offer a variety of produce. Spring vegetables include asparagus, artichokes, radishes, rhubarb, and peas, as well as fruit like strawberries.

Not only is spring produce vibrant and fresh tasting, but it also offers health benefits. Picked at the peak of their freshness and nutritional value, spring produce is packed with essential vitamins, minerals, and antioxidants, providing a natural boost to your immune system and overall [well-being](#). Eating seasonally also means you're adding variety to your diet, along with diverse vitamins and minerals. Seasonality depends on where you live, so let nature be your guide at your local farmers market or grocery store.



## Healthy Recipe Spring Vegetable Saute

### Ingredients

- 1 tsp. olive oil
- ½ cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 tiny new potatoes (quartered)
- ¾ cup carrot (sliced)
- ¾ cup asparagus pieces
- ¾ cup snap peas or green beans
- ½ cup radishes (quartered)
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dried dill

### Preparations

1. Heat the oil in a skillet. Cook the onion for two minutes, then add the garlic and cook for another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about four minutes. Add a tablespoon or two of water if the vegetables start to brown.
3. Add the asparagus, peas, radishes, salt, black pepper, and dill. Cook, stirring often, until just tender, about four minutes more. Serve!

Makes: 4 servings

### Nutritional Information Per Serving

Source: MyPlate

Total calories	138
Total fat	1 g
Protein	4 g
Sodium	177 mg
Carbohydrate	29 g
Dietary fiber	5 g
Saturated fat	0 g
Total sugars	4 g