BENEFITS

LiveHealth Online Psychology
If you’re feeling stressed, worried or having a tough time, you may need someone to speak with. Now, you can see a licensed therapist using LiveHealth Online Psychology. Talk with a therapist from your home or wherever you have Internet access. Just download the free LiveHealth Online app to your mobile device or visit livehealthonline.com on a computer with a webcam.

In most cases, you can make an appointment to see a therapist within four days or less.

See attached flyer for additional information.

This is $15 co-pay for Anthem members and a $49 co-pay for BCBS of VT members and their families.

Kathy Burke Hogan – 603-621-3415 - kburkehogan@eastersealsnh.org

HEALTH

Depression Overview
Everyone has days where they feel blah, down, or sad. Typically, these feelings disappear after a day or two, particularly if circumstances change for the better. People experiencing the temporary "blues" don't feel a sense of crushing hopelessness or helplessness, and are able, for the most part, to continue to engage in regular activities. For people dealing with depressive disorders, negative feelings linger, intensify, and often become crippling. With normal sadness, people are still able to experience pleasure when positive events happen. With depressive disorders, the hopelessness and failure stay even when good things are happening. Other, more intense sorts of symptoms, such as suicidal thoughts and hallucinations are also often present. These symptoms suggest that serious varieties of depression may be present. 1 in 5 women and up to 1 in 10 men may become depressed at some point in their lives. Do not suffer alone. Help is available for you and your family!

Coastline EAP is available 24/7 at 1-800-445-1195

Lisbeth McIntyre – 603-621-3563- lmcintyre@eastersealsnh.org

SAFETY

SAFETY TOPIC: Work/Life Balance
If you’re finding it more challenging than ever to juggle the demands of your job and the rest of your life, you’re not alone. Here are five ways to bring a little more balance to your daily routine:

- Build downtime into your schedule.
- Drop activities that sap your time or energy
- Rethink your errands.
- Get moving
- Remember that a little relaxation goes a long way

For more information, visit www.webmd.com/women/features/balance-life#1

ES Safety Hotline #1-603-621-3663 OR 1-800-870-8728 VM #3002

WELLNESS

Build Your Stress Management Toolkit
Do you have a personal stress management program—a collection of techniques to intervene when stress hits? Or when stressed, do you cope with the anxiety and tension without a strategic approach, searching for relief only when it all becomes too much? With a thoughtful approach to stress management, you can reduce the risk of harm from prolonged stress and avoid unhealthy ways of coping with it.

To build your stress management “tool kit,” first identify factors central to your stress response pattern. When stressed, do you lose sleep, get headaches or neck pain, eat poorly, eat more, not eat, become irritable, head for salty snacks, or have GI problems? See the long list of stress effects at www.stress.org/stress-effects. Once you pin down these effects, focus on how to fight back. Research the intervention strategies, and try enlisting the help of a professional counselor or call Coastline EAP at 800-445-1195.

Christy Nault – 603-621-3438 - cnault@eastersealsnh.org
Your Health Matters

Do you have an Attitude of Gratitude?

Gratitude is the single most important ingredient to living a successful and fulfilled life.

Start each day with a GRATEFUL heart.
Gratitude changes everything
Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside

Breast Cancer Symptoms: What You Need to Know

An important way to keep up with your breast health is to be aware of how your breasts normally look and feel, and know what changes to look for.

Finding breast cancer as early as possible gives you a better chance of successful treatment. But knowing what to look for is not a substitute for screening mammograms and other tests, which can help find breast cancer in its early stages, even before any symptoms appear.

Benign (non-cancerous) breast conditions are much more common than breast cancer, but it is important to let your health care team know about any changes in your breast so they can be checked out right away.

Below are some common breast symptoms, if you experience any of these symptoms you should contact your primary care physician right away.

- A Lump in your breast
- Swelling in or around your breast, collarbone, or armpit
- Skin thickening or redness
- Breast warmth or itching
- Nipple changes
- Nipple discharge
- Pain in the breast and or area of

Breast cancer does not discriminate, men can also experience these symptoms and should contact their primary care physician right away. Listen to your body!

Resource: American Cancer Society

SAFETY 1ST TOPIC: DO NOT TAILGATE, GIVE EXTRA SPACE!

Please print out and post new simplified format handout

http://my.safetyfirst.com/tenmintrainingtopics/mth374_1.pdf

STAFF SPOTLIGHTS

We would like to introduce to you Ashley Skrabely. Ashley has joined the Human Resources team as an HR Specialist supporting the Occupational Health, Benefits and Wellness areas.

Ashley is not new to Easter Seals, she comes to us from our Zachary Road facility, so many of you may already know her smiling face. Ashley brings with her a Medical Assistant background which will come in handy in her new role supporting Occupational Health. We encourage staff to stop by and introduce themselves to Ashley. She can be reached at (603)621-3529 or by e-mail at askrabely@eastersealsnh.org.

Ashley is looking forward to meeting staff and assisting them with their Benefits, Wellness and Occupational Health needs.

HEALTHY HAPPENINGS

November Wellness Series with
Jason Aziz certified Nutritionist and Exercise Physiologist
Thursday, November 10th at 5:15 at Auburn Street
Mediterranean Cooking Made Easy
Thursday, November 17th at 5:15 at Auburn Street
Mediterranean Holiday Meal Makeover
Please RSVP to Ashley at askrabely@eastersealsnh.org

The Easter Seals Wellness Initiative is looking for a few good Wellness Champions to join our growing team.
Are you motivated by health and wellness? Live a healthy lifestyle? Love to be active? Have 2 hours a month that you could give?
Then we would love to talk with you about becoming a Wellness Champion for Easter Seals. If interested contact Christy Nault at (603)621-3438 or at cnault@eastersealsnh.org.

Benefits • Health • Safety • Wellness