# Wellness

# Wednesday

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Your HGTC Employee Wellness Newsletter!



#### **Embracing Health in Mental Health**

According to the National Institute of Mental Health, about 25% of adults suffer from some type of mental illness each year, but unfortunately, the majority of those who need help don't seek treatment. Negative stereotypes and the stigma that surrounds mental health may be one of the reasons people don't seek care when they need it most. The good news is that most mental illnesses are treatable, especially if symptoms are identified early on.

If you or a family member are struggling with mental health challenges, don't let the stigma of mental health keep you from seeking help.

- Don't isolate yourself. Reach out to those you trust.
- Don't create self-doubt or blame.
- Seek treatment from a mental health professional.
- Connect with others who are dealing with similar issues by joining a support group.

There are several resources available to help HGTC employees and their families with mental health issues:

- Employee Assistance Program
- National Institute of Mental Health
- <u>Lighthouse Behavioral Health Hospital</u>
- Mental Health Apps: <u>Headspace</u>, <u>Happify</u>, <u>Mood 24/7</u>

Click the badge to learn more and take the pledge to Stamp Out Stigma regarding Mental Health & Substance Abuse Disorder.





According to a 2011 national survey **4.2 million** Americans ages 12 or older had used heroin at least ONCE in their lifetimes.

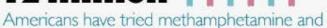
### COCAINE

Cocaine abuse leads to **nearly half** of all drug-related emergency room visits.



### **METHAMPHETAMINE**





1.5 million are regular users.

### PRESCRIPTION DRUGS



Overdoses of prescription drugs kill more people than overdoses from all other drugs combined, including cocaine and heroin.

### ALCOHOL ITT

Binge drinking is the most common way people abuse alcohol. One in every six American adults binge drinks roughly 4 times a month, consuming an average of 8 drinks per binge.











### Refresh from Stress 30-day Inspiration

### May 2-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
The Basics: Fundamentals of Self-Care		1	2 Sleep at least 7 hours	3 Eat a healthy meal twice a day	4 Sign the pledge to Stamp Out Stigma!	5 Increase physical activity: Move More	Silently reflect for minutes	6 0r10
Mindful Anything	7	8	9	10	11	12		13
MindYou	Learnabout mindfulness	Be mindful of nature	Check your mood	Be mindful while eating	Practice mindful self- acceptance	Unplugfrom technology	Explore Mindful Forgiveness	
Social Connection	14	15	16	17	18	19		20
Embrace	Ask about a cultural tradition	Enjoy breaktime with a coworker	Take a laughter break	Support otherstoday	Share yoursmile with others	Engage in a fun activity w/ family, a pet, or friend	Reconnect with a old friend	n
Gratitude	21	22	23	24	25	26		27
Great-Full	Compliment yourself	Compliment Others	Capture team accomplishments	Write 3 things you are grateful for (share if you wish)	Learn the benefits of gratitude	Write a thank-you note	PayitForward	
Resilience!	28	29	30	31				
Sustain	Watch TED Talk: How to Make Stress Your Friend	Practiceresilience	Create a plan to sustain emotional wellness					



These sessions are a joint workshop between Coastal and HGTC & will be held on Coastal's Campus.

#### You're invited to attend a complimentary retirement education workshop series!

MetLife has arranged for Massachusetts Mutual Life Insurance Company (MassMutual) financial professionals to deliver this workshop.

Session 4: **Making the Most of What You Have** May 18th 11:30AM-12:30 PM 3400 Elvington Loop, Conway Chanticleer Hall, Room 128

For more information or to register:

Visit: www.metlifeplansmart.com

Call: 1-866-801-3547

If registering online, please enter CCU exactly as it appears here.



Securities and investment advisory services are offered through qualified registered representatives of MML Investor Services, LLC, Member SIPC. MML Investors Services, LLC is not affiliated with MetLife, or its affiliated companies.

MetLife administers the PlanSmart program, but has arranged for Massachusetts Mutual Life Insurance Company (MassMutual) to have specially-trained financial professionals offer financial education and, upon request, provide personal guidance to employees and former employees of companies providing PlanSmart through MetLife.

## Discounted Tickets at Broadway Grand Prix, Wild Water & Wheels, AND Myrtle Waves!

#### To purchase Tickets:

- 1. Go to park website.
- 2. Click on tickets.
- 3. Click to buy daily admission.
- 4. Add to cart.
- 5. Enter discount code: **HGTC** then apply now.
- 6. Continue to Checkout.
- 7. Complete billing information, review and complete order.
- 8. Print ticket vouchers and enjoy the day!









#### Your Exclusive Link for Savings

www.medievaltimes.com/hgtc

## Discounted Tickets Starting at 25°/o Off-

(Save up to \$18 per person)

- Two-Hour Tournament · Four-Course Feast
- Magnificent Pure Spanish Horses Authentic Sword Fightsand Jousting

#### Program Benefits Include:

· No Processing Fees (Savean addltlonal \$4per ticket) · Year-Round Discounts · No Blackout Dates

\*E-ticketing special prices are reflected when purchasing through your company e-ticketing account.

Special prices connot be combined with other discounts, offers or group rates. Not valid for prior purchases. Upgrades are additional.

### HEALTHY RECIPE OF THE WEEK

# Vegan Double Fudge Brownies

### Ingredients

1 cup whole-wheat flour; 1 cup raw sugar; 1/2 cup unsweetened cocoa powder; 1/2 teaspoon baking powder; 1/2 teaspoon salt; 1 small zucchini; 1/2 cup extravirgin olive oil; 1 teaspoon pure vanilla extract; 1/4 cup vegan dark chocolate chips



Recipe adapted from tablespoon.com.

Total calories: 180

Preheat oven to 350 degrees. Spray 9x13 in.

pan with cooking spray. In a large bowl, stir the
dry ingredients together. Place the zucchini in a
food processor, and puree it as much as you can.

Add the oil and vanilla extract, and puree until
smooth. Pour the wet ingredients into the bowl of
dry, and mix until a thick batter forms. Stir in
the chocolate chips. Bake for 15 mins. Cool for
at least 15 mins. For brownie-like texture, freeze
for 1 hour before serving.

Instructions

#### We Want To Feature YOU!

Have a recipe you want to share? Do you and/or your family participate in healthy activities?

We want to know! Send us your pictures, stories, or tips (kaji.orr@hgtc.edu) to be featured in one of our weekly newsletters, HGTC Human Resources Facebook page and Webpage!

