

Wellness Wednesday

May 16, 2018

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Your HGTC
Employee
Wellness
Newsletter!

Let's talk about MENTAL HEALTH

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](#)
- [Lighthouse Behavioral Health Hospital](#)
- Mental Health Apps: [Headspace](#), [Happify](#), [Mood 24/7](#)

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

**STAMP
OUT
STIGMA**



Addiction in America

HEROIN

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.

**Nearly
75%**

of people who try cocaine
will become addicted to it.



South Carolina

METHAMPHETAMINE

According to federal estimates, more than

12 million



Americans have tried methamphetamine and

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



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	6 Silently reflect for 10 minutes
Mindful Anything Mind You	7 Learn about mindfulness	8 Be mindful of nature	9 Check your mood	10 Be mindful while eating	11 Practice mindful self-acceptance	12 Unplug from technology	13 Explore <i>Mindful Forgiveness</i>
Social Connection Embrace	14 Ask about a cultural tradition	15 Enjoy break time with a coworker	16 Take a laughter break	17 Support others today	18 Share your smile with others	19 Engage in a fun activity w/ family, a pet, or friend	20 Reconnect with an old friend
Gratitude Great-Full	21 Compliment yourself	22 Compliment Others	23 Capture team accomplishments	24 Write 3 things you are grateful for (share if you wish)	25 Learn the benefits of gratitude	26 Write a thank-you note	27 Pay it Forward
Resilience! Sustain	28 Watch TED Talk: <i>How to Make Stress Your Friend</i>	29 Practice resilience	30 Create a plan to sustain emotional wellness	31			

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.**



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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!





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Special prices cannot 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 extra-virgin olive oil; 1 teaspoon pure vanilla extract; 1/4 cup vegan dark chocolate chips



Recipe adapted from
tablespoon.com.

Total calories: 180

Instructions

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.

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!

