



# Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group

## May is National Mental Health Month!

More than half of adults in the United States will experience mental illness—which refers to a variety of conditions that affect one’s mood, behavior, feelings or thinking—at some point in their life. Mental illnesses can occur occasionally, while others are chronic. Common mental illnesses include anxiety, depression, schizophrenia, and bipolar disorder.

Mental Health Awareness Month, observed every May, is a time to raise awareness about mental health, break the stigma and support people with mental illness.



Each condition has its own unique symptoms, but common signs of mental illness include the following:

- Feeling sad, irritable, or angry for an extended time
- Feeling excessively paranoid, worried, or anxious
- Experiencing extreme mood swings
- Avoiding friends and social activities
- Changing eating habits due to increased hunger or lack of appetite
- Having trouble sleeping or making dramatic sleeping pattern changes

One or two of these symptoms alone can’t predict a mental illness, but they may indicate a need for further evaluation.

## May 2022



## About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the “Your Health Matters” monthly newsletters that will be distributed to all employees.

## Our Benefits Broker

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## Taking Care of Yourself

One way to improve your mental health is through self-care. Self-care looks different for every person since it involves doing things that you enjoy or need.

Here are some ideas for how to practice self-care:

- Live healthy by eating well, getting enough sleep, and exercising regularly
- Connect regularly with friends and family who encourage and support you
- Pamper yourself by watching your favorite TV show, taking a bath, applying a face mask, getting a massage, or reading a book
- Find ways to relax, including meditating, practicing yoga, going on a nature walk, or baking

The goal is to try to do something you enjoy every day. If you have concerns about a loved one's or your mental health, contact a doctor or mental health professional.

### Mental Health Awareness "Wear Green Day 2022"



**Wear green at work or home today!**

**Invite family and friends to join in & wear green!**

**Get outside and do one thing that helps improve your mental health!**

## Recipe of the Month

### Pasta Primavera



### Instructions

Cook the noodles according to the packaging instructions. While the noodles are cooking, heat oil in a skillet. Then, add vegetables and sauté until tender. Stir constantly. Add tomatoes and sauté 2 more minutes. Add margarine and cooked noodles to skillet and toss with the vegetables. Add seasonings and sprinkle parmesan cheese.

Enjoy!

### Ingredients

- 1 cup noodles (uncooked)
- 1 tbsp. vegetable oil
- 2 cups mixed vegetables, such as kohlrabi, sugar snap peas, carrots, or asparagus
- 1 cup tomatoes (chopped)
- 1 tbsp. margarine
- ¼ tsp. garlic powder
- 1/8 tsp. black pepper
- 3 tbsp. parmesan cheese