

MAY 2023

Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by Brieden Consulting Group

May: Mental Health Awareness Month!

A reminder to always take care of yourself.



The month of May has been recognized as Mental Health Awareness Month in the United States since 1949. With one in five Americans suffering from mental illness, Mental Health Month aims to raise awareness regarding the trauma and societal impact that mental illness can have on the physical, emotional, and mental well-being of children, families, and communities as a whole.

It's important to always take care of yourself and others. Mental health is important at every state of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

Early Signs & Symptoms

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Experiencing severe mood swings that cause problems

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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

Brieden Consulting Group
17000 Kercheval
Suite 210
Grosse Pointe, MI 48230

Phone: 313-447-0900
www.briedencg.com

Tips for Living Well with a Mental Health Condition

Having a mental health condition can make it a struggle to work, keep up with school, stick to a regular schedule, have healthy relationships, socialize, maintain hygiene, and more. Today, there are new tools, evidence-based treatments, and social support systems that help people feel better and pursue their goals. Some of these tips, tools, and strategies include:

Stick to a treatment plan.

Even if you feel better, don't stop going to therapy or taking medication without a doctor's guidance.



Learn about the condition.

Being educated can help you stick to your treatment plan. Education can also help your loved ones be more supportive and compassionate.

Practice good self-care.

Control stress with activities such as meditation or tai-chi; eat healthy and exercise; and get enough sleep.



Get enough sleep.

Good sleep improves your brain performance, mood, and overall health. Consistently poor sleep is associated with anxiety, depression, and other mental health conditions.

Reach out to family and friends.

Maintaining relationships with others is important. In times of crisis or rough spells, reach out to them for support and help.



RECIPE OF THE MONTH

Sheet-Pan Green Chile Chicken Nachos

Ingredients

- 12 oz. restaurant-style tortilla chips
- 2 ct. shredded rotisserie chicken
- 2 4oz. cans chopped green chiles
- 8 oz. sharp cheddar, grated
- 8 oz. Monterey Jack, grated
- 10 oz. queso fresco, crumbled
- 1/4 ct. grated cotija cheese
- 1/4 red onion, thinly sliced
- 6 radishes, thinly sliced
- 1 avocado, pitted and chopped
- 2 jalapeños, thinly sliced
- 1/2 ct. chopped fresh cilantro



Directions

- **Step 1:** Preheat oven to 450 degrees and line a large rimmed baking sheet with foil. Arrange half the chips in a single layer on the sheet. Top with half the chicken, half the chiles, half the cheddar, Monterey Jack, and queso fresco. Top with remaining chips, chicken, chiles, cheddar, Monterey Jack, and queso fresco.
- **Step 2:** Bake until cheese is evenly melted and chips brown, about 5-7 minutes. Sprinkle with cotija and top with onion, radishes, avocado, jalapeño, cilantro, and hot sauce.