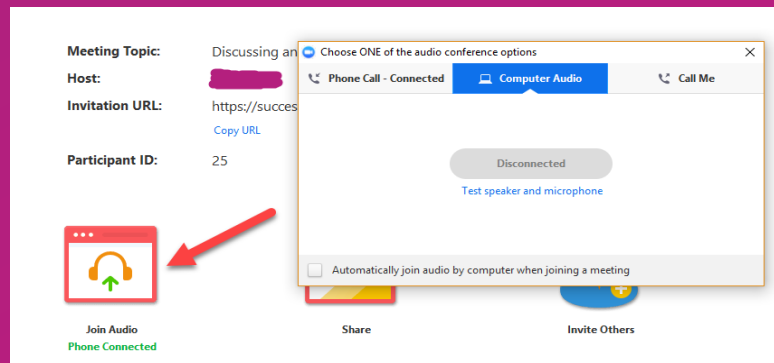




Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

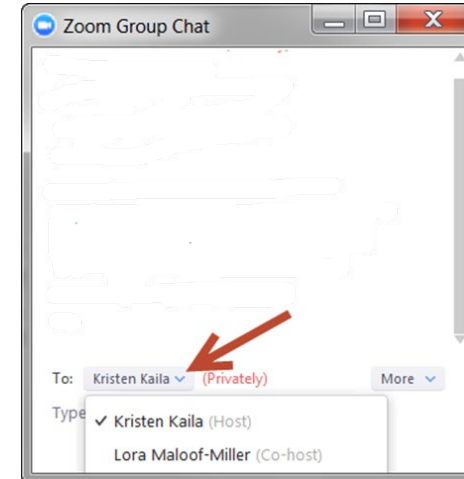
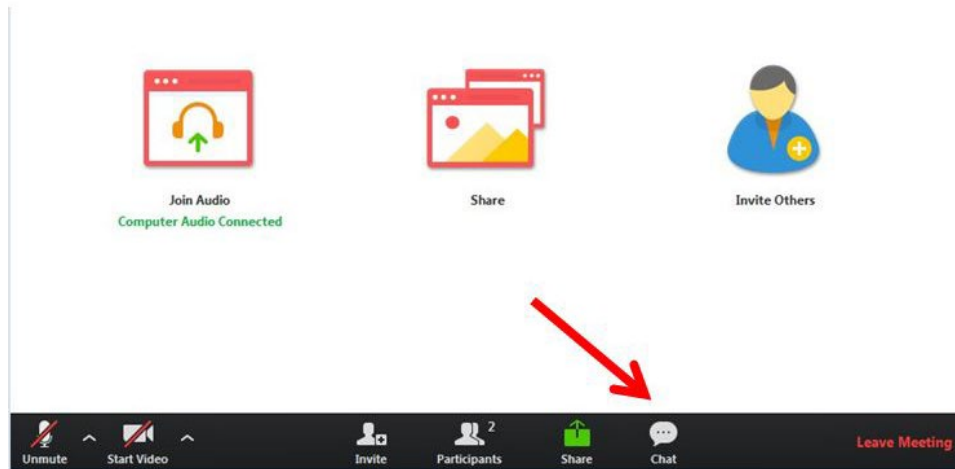
If you wish to change your audio setting: click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



Call-in number for audio: 1-669-444-9171

Conference Code: 984 0755 5240

Chat Function



Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



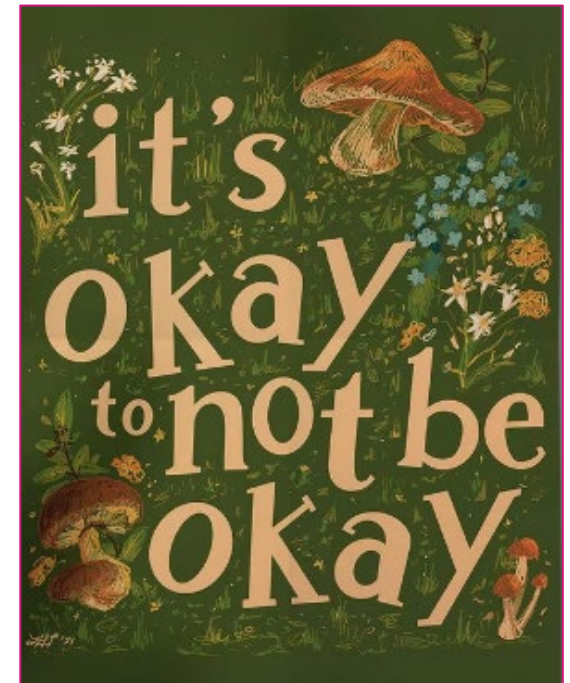
health net™

Mental Health in the Wake of Covid-19

Presented by: Alison King, LCSW

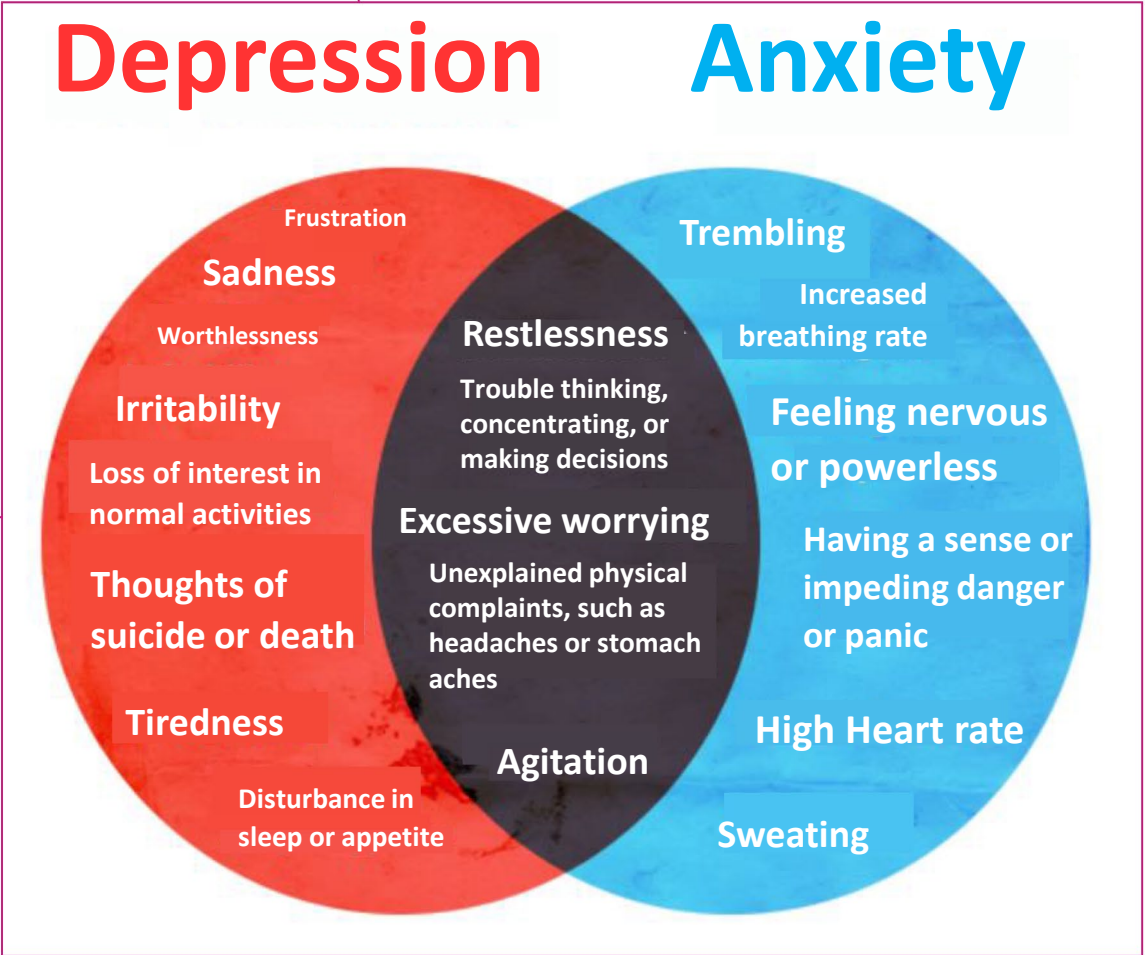
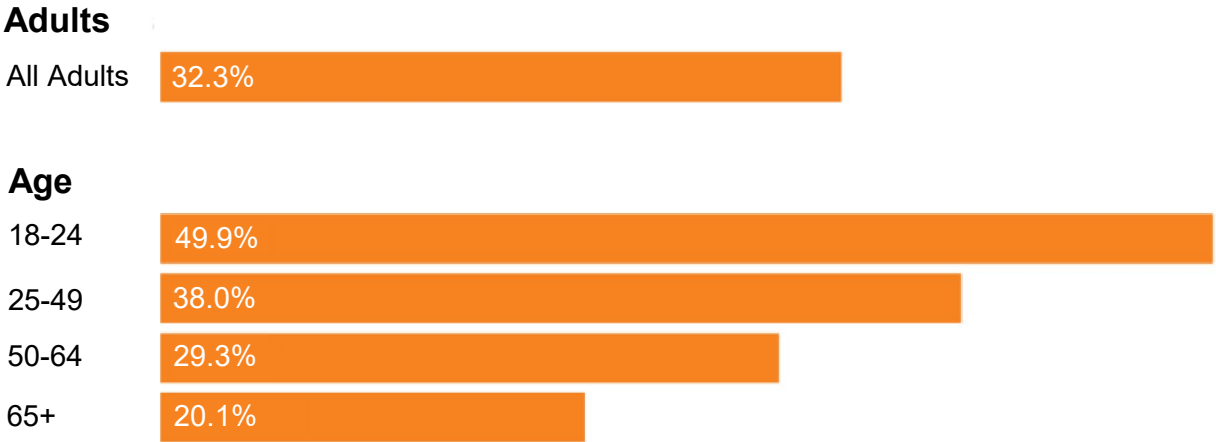
Las dispositivas están disponibles en español si las solicita.

Pandemic Positives



The Top Two: Anxiety & Depression

Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder, February 2023



Depression & Anxiety Diagnoses

Depression

- Major Depressive Disorder (aka “Major Depression”)
- Dysthymia/Persistent Depressive Disorder

Anxiety

- Specific Phobia
- Social Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Generalized Anxiety Disorder

Other Conditions of Note

- Obsessive-Compulsive & Related Disorders
- Trauma and Stressor-Related Disorders
- Substance-Related and Addictive Disorders

Confidential and Proprietary Information



Anxiety

- Feeling nervous, restless or tense (feeling “keyed up”)
- Anxious thoughts or beliefs that are difficult to control (*can't get it out of your head*)
- Trouble focusing/concentrating
- Increased heart rate, sweating, tense muscles (when thinking of or exposed to something)
- Unexplained aches and pains
- Fatigue
- Irritability
- Difficulty falling or staying asleep



Anxiety

- *Who's at Greatest Risk?*
- Women
- Children, teens, and young adults
- History of trauma or stressful life events
- Chronic or serious illness
- Substance use



Depression

- Feeling hopeless or pessimistic
- Persistent sad or "empty" mood
- Feeling irritable, easily frustrated, or restless
- Feeling guilty, worthless, or helpless
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling "slowed down"
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Changes in appetite or weight
- Aches or pains, headaches, or digestive problems without clear physical cause
- Thoughts of death or suicide, self-harm or suicide attempts



Depression

- *Who's at Greatest Risk?*

- Teens and Young Adults
- Older Adults
- Marginalized Individuals – BIPoC (Black, Indigenous, People of Color), Immigrants, LGBTQIA+...
- Low Income
- Lower Education Level
- Single, Childless, and Living Alone



Interconnection



Chronic Health Conditions

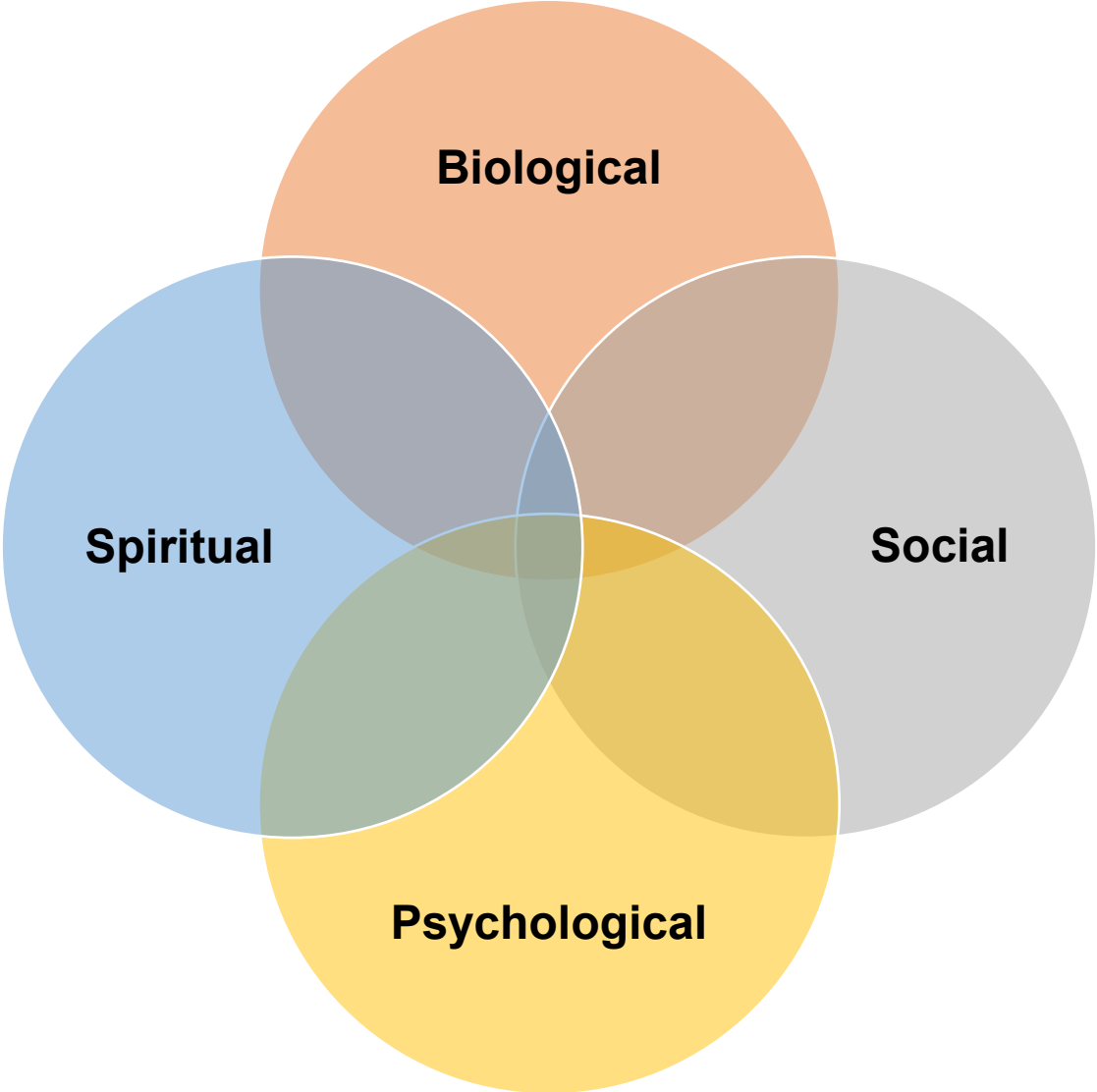
- Alzheimer's
- Autoimmune disorders
- Cancer
- Coronary heart disease
- Diabetes
- Epilepsy
- HIV/AIDS
- Hypertension
- Hypothyroidism
- Multiple sclerosis
- Musculo-skeletal disorders
- Obesity
- Parkinson's disease
- Stroke

Self-Care

- **What is self-care?**
 - deliberate activities we consciously engage in to care for ourselves
- **Why self-care?**
 - key to mental and physical wellness, building resilience, and creating a balanced life
 - necessary to reduce stress, anxiety, and depression
 - required to avoid burnout or compassion fatigue
 - needed *daily*



Whole Person Self-Care



Daily Routine and Self-Care

Self-Care Domain	Classic Concepts/Activities	Re-framed into Daily “Do-able” Practices
Biological	Regular medical care; healthy diet; exercise; getting enough rest/sleep...	Take multi-vitamins; grab an apple today rather than a donut; set a timer and do push ups or jumping jacks during the workday; turn off phone/media 30min-1hr before bed...
Psychological	Mindful meditation*; time in nature; hobbies; pets; positive self-affirmations; journaling...	Use a meditation app for 5-10 min/day; close eyes & take 5 deep breaths regularly; go outside and look at sun, sky, clouds; pet your pet; write down an inspirational quote and post in your daily view...
Social	Spending time with family/friends...	Make a little time each day or week to connect with loved ones (on phone, in person); balanced use of social media
Spiritual	Keeping or developing a personal spiritual practice...	Set an intention for the day each morning; practice gratitude/give thanks before eating; see also psychological above...

Self-Care Safety Plan

Self-Care Domain	Symptom/Sign	Action Plan
Biological	If lasting >2 weeks: significant change in sleeping or eating patterns, difficulty concentrating, frequent headaches or stomach aches...	Start by consulting your doctor
Psychological	Any of the above and/or increased use of alcohol, tobacco, or other drugs; excessive worry or sadness; irritability/being on edge; avoidance of activities enjoyed in the past...	Contact/reach out for behavioral health support
Social	If lasting >2 weeks: emotional withdrawal, avoiding contact with loved ones - self-isolating...	Contact/reach out for behavioral health support
Spiritual	Loss of hope, faith; questioning one's belief system; feeling lost or purposeless...	Self-help books/literature; consult your spiritual or religious advisor; contact others in your practice community

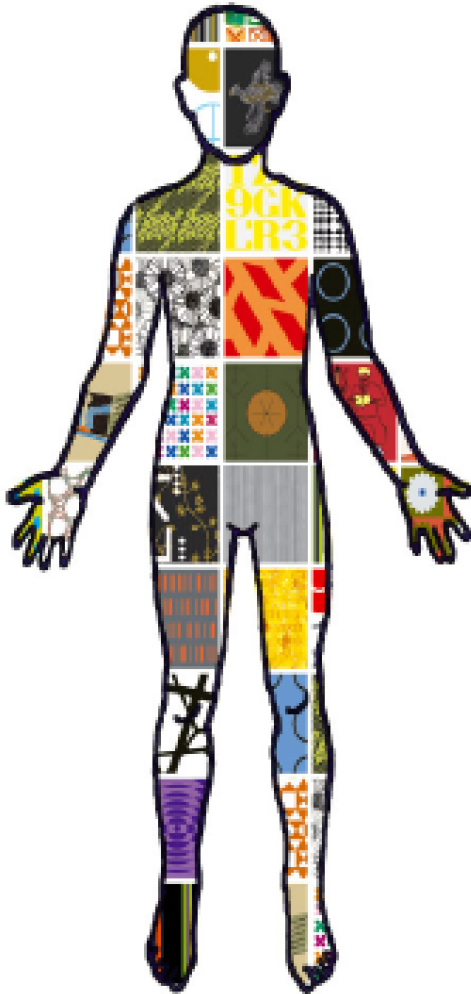
Tools and Resources



Self-Care Check-in

SELF-CARE RATING SCALE

According to Virginia Satir, there are 8 domains of the self that need care. Rate yourself on each domain; 1= needs work, 5= excellent form. Anything less than a 3 needs attention. Jot down plans for self care (examples provided).



Laveldanaylor.wordpress.com

Intellectual 1 2 3 4 5

Stimulate the brain, engage the mind

(e. g., read, play games, introspect, learn, debate)

Interactional 1 2 3 4 5

Socialize with responsive others

(e. g., special dinner, family visit, date night, social network)

Emotional 1 2 3 4 5

Enhance and explore emotions

(e. g., watch funny/sad movie, comedy club, enjoy art)

Nutritional 1 2 3 4 5

Improve nutritional intake

(e. g., watch calories, reduce sugar, or eat something new)

Sensual 1 2 3 4 5

Get in touch with your sexuality and senses

(e. g., light candles, play music, dress differently, massage, orgasm)

Spiritual 1 2 3 4 5

Feed your 'soul' (not necessarily religious)

(e. g., meditate, sing, dance, nature walk, create something)

Physical 1 2 3 4 5

Challenge and care for you body

(e. g., exercise, dance, garden, take a class, rest or sleep)

Contextual 1 2 3 4 5

Improvement or charge your environment

(e. g., clean, repair, plant, or charge something, visit somewhere)

Depression: *Patient Health Questionnaire (PHQ-9)*

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 + + +
=Total Score:

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult
at all

Somewhat
difficult

Very
difficult

Extremely
difficult

Interpretation of Total Score

Total Score	Depression Severity
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression

Anxiety – Generalized Anxiety Disorder (GAD -7)

GAD-7 Anxiety

Over the <u>last two weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3

Column totals _____ + _____ + _____ + _____ =
Total score _____

Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.” GAD-7 total score for the seven items ranges from 0 to 21.

0–4: minimal anxiety

5–9: mild anxiety

10–14: moderate anxiety

15–21: severe anxiety

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

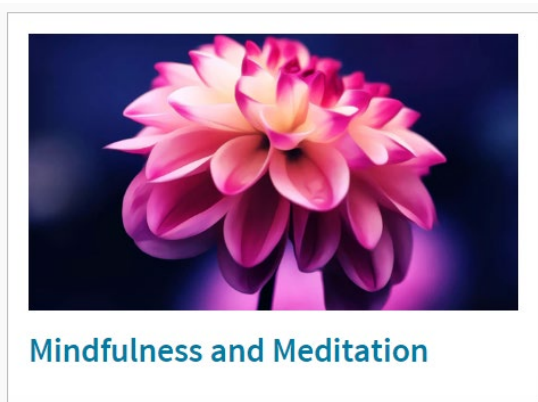
Somewhat difficult

Very difficult

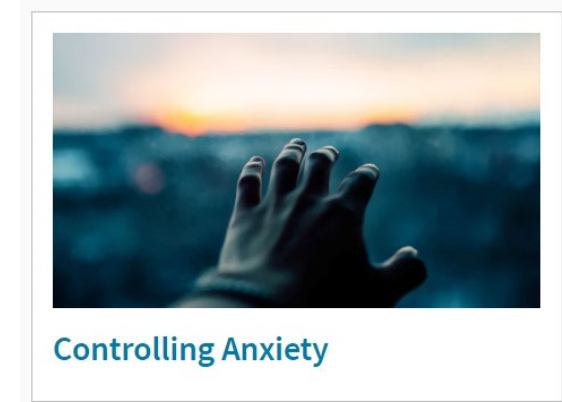
Extremely difficult



myStrength is an interactive wellness platform (web and app based) which provides self-management/self-care tools to improve health needs from a mind/body/spirit perspective. Modules include:



- Stress
- Depression
- Anxiety
- Substance Use Disorder
- Trauma & PTSD
- Opioid Recovery
- Chronic Pain
- Insomnia
- Mindfulness and Meditation
- Balancing Intense Emotions (DBT)



To sign up:

- <https://mystrength.com/>
- Access Code
 - For HN Members – “HNwell”
 - For community at large - “HNCommunity”

Set new calming habits with **UNWINDING**

Unwinding is an evidence-based mindfulness program that helps you reduce stress, build resilience, improve sleep and boost your quality of life. It offers a comprehensive approach to stress management when you need it.

Key features:



Mini-courses



Breathing exercises



Mindfulness tools

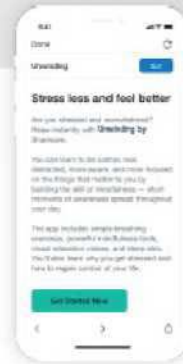


Sleep support



Visual relaxation

- 1 Sign in to your sharecare account
- 2 Select Achieve
- 3 Select Unwinding
- 4 Get started



Stress less

FEEL BETTER WITH
UNWINDING BY SHARECARE.

Unwinding is the app you've been looking for to help you reduce stress and feel less anxious throughout the day.

Key benefits:

- **Mini courses:** Short effective video and audio courses on how your mind works and how to use mindfulness to reduce stress and anxiety
- **Exercises:** Guided breathing exercises to help you destress quickly
- **Tools:** Evidence-based mindfulness tools, including guided meditations that build resilience and decrease chronic stress
- **Sleep support:** Including meditations and white noise tracks to help you get to sleep and stay asleep
- **Visual relaxation:** Award-winning videos to help you relax



Health Net Members: go to <https://healthnet.sharecare.com> to register and login

Articles/Resources

Resilience

- [Building Resilience](#)

Self-Care

- [A Complete Guide to Self-Care for Men](#)
- [They Need Me-Time, Too: A Self-Care Checklist to Do With Your Kids](#)
- [50 Self-Care Activities You Can Do Together with Kids](#)

Help/Hotlines

Suicide & Crisis Lifeline – 988 – call/text - 24/7

CalHOPE – 833-317-HOPE or *Live Chat* via website

Substance Use - SAMHSA National Helpline - 1-800-662-HELP

Mental Health

- NAMI California: 1-800-950-NAMI or email info@namica.org
- California Youth Crisis Line – *Chat with a Counselor* via website or call 1-800-843-5200
- Crisis Text Line – *Chat with Us* via website or text HOME to 741741

LGBTQIA+

- Trevor Project - 1-866-488-7386 or *Chat with Us* via website or text START to 678678
- Lesbian, Gay, Bisexual and Transgender National Hotline: 1-888-843-4564

California - Essential/Basic Needs - 211 – 24/7

Domestic Violence - 1-800-799-7233 or text START to 88788 or *Chat Now* via website

Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Telephonic Support/Coaching



Personalized support

Work one on one with a health coach:

Learn what to expect when trying to make a healthy change.

Understand what motivates you.

Decide exactly what you want to focus on.

Set specific health goals.

Track your progress – Your coach will help you stay with it!



Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

Healthy Discounts

With Decision Power[®] Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



Weight management
•Weight Watchers



**Chiropractic/
acupuncture
services and
more**
ChooseHealthy



Eye care
EyeMed



**Hearing aids
and screenings**
•Connect Hearing
•Beltone



**Fitness club
discounts**
ChooseHealthy

Online Health Challenges



Ongoing monthly challenges



HN members

June Health Challenge

Healthy Plate

Spring Clean Your Routine

Spring Into Action

Declutter Your Mind

Spring Greens

Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com



Upcoming Wellness Webinar

Healthy Eating on a Budget

Wednesday June 21, 2023

12pm-12:45pm pacific time



Thank You!
