

# Wellness News

May 2025

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**“The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.”**

– William James, Philosopher and Psychologist



**Anthem members:** You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone's camera to download the Sydney Health app.

*Tip: Anthem.com and Sydney Health use the same username and password!*

# May is Mental Health Awareness Month

## What is Mental Health Awareness Month?

May is Mental Health Awareness Month, an annual observance established by Mental Health America in 1949 to emphasize the importance of mental wellbeing. Each May, we bring additional attention to the challenges faced by those with mental health conditions and the need for a supportive, understanding environment. Across the country, people unite to raise awareness, spark conversations and advocate for improved resources.

## Why is Mental Health Awareness Important?

Despite progress in mental health initiatives, more than 30 million people in the U.S. still lack access to comprehensive, high-quality care. These statistics highlight the ongoing need for Mental Health Awareness Month and the importance of bringing attention to this disparity:

[1 in 5](#) U.S. adults experience mental illness each year.

[1 in 20](#) U.S. adults experience serious mental illness each year

[1 in 6](#) U.S. youth have a mental health condition, but only half receive treatment.

[50%](#) of all lifetime mental illness begins by age 14, and 75% by age 24.

In 2022, 22% of high school students seriously considered suicide in the past year.

## Access Virtual Care and Support for Behavioral Health

When you aren't feeling your best — physically, mentally, or emotionally — or you need guidance managing a health condition, help is available. You can connect to the care you need using our Sydney<sup>SM</sup> Health mobile app. You can have a video visit with a doctor 24/7 for common health issues and annual wellness visits. Care for mental and emotional health is available by appointment. Plus, the Sydney Health app is your avenue to specialized programs designed to help you improve your habits and your health.

### Get help for these issues and more:

- Anxiety
- Bipolar disorder
- Coping with an illness
- Depression
- Grief
- OCD
- Panic attacks
- PTSD
- Relationship or family issues
- Stress

### How to access the program through virtual care:

Download our no-cost **Sydney Health** app.

Register (if you haven't yet) and log in

Once you register, your username and password are the same for our app and **anthem.com**.

Select **Care** and then select **Virtual Care**.

Visit **anthem.com**.

1. Register (if you haven't yet) and log in.

2. Once you register, your username and password are the same for **anthem.com** and our **Sydney Health app**. From the **Care tab**, select Virtual Care in the drop-down menu. Then, click **Video Visit Options**.



## Our caring team helps you find the right support

If you have questions about your benefits or need help finding a behavioral health professional or program, chat with us live on the Sydney<sup>SM</sup> Health app or **anthem.com**, or call Member Services at the number on your health plan ID card.

Check out the [Behavioral Health Hub](#) for additional information on behavioral health service and resources.

# Understanding Depression: Recognizing the Symptoms and Seeking Help

## What is Depression?

Depression is a mood disorder that significantly influences how you think and feel. Its symptoms can make daily activities like eating, working, or sleeping challenging. Each year, more than 16 million American adults are affected by depression, with nearly 30% of U.S. adults aged 18 and older reporting having been diagnosed with depression at some point in their lives.

According to the Cleveland Clinic, depressive disorders include seasonal affective disorder, postpartum depression, and clinical depression. Clinical depression, often referred to simply as "depression," is the most severe form. If you're experiencing symptoms, your doctor or a mental health professional can help determine the type of depression and develop a treatment plan.

## How is Depression Treated?

Depression is one of the most treatable mental health conditions. Talking with your primary care doctor is a great first step. They may prescribe medication, suggest lifestyle changes, or recommend connecting with a therapist.

Lifestyle changes that can help improve symptoms of depression include:

- Eating a healthy, balanced diet.
- Being physically active.
- Spending time outdoors when possible.
- Ensuring you get the right amount of sleep.
- Reducing time on social media and increasing time spent with loved ones.

Understanding the condition and discussing it openly is vital. This openness helps break the stigma associated with mental health issues and encourages those affected to seek help and support.

**Anthem members:** Anthem's Emotional Well-being Resources (ages 13+) and other resources are available to you and your loved ones through the **Sydney health app** or visit [anthem.com/mental-health](https://www.anthem.com/mental-health). From **Sydney Home** screen tap **MENU**, then **"ACCESS CARE"**, then **'Featured Programs**

## Recognizing Symptoms of Depression

Experts at the Mayo Clinic highlight that symptoms of depression are typically persistent, occurring most of the day, nearly every day. These symptoms might include:

- Feeling sad, tearful, or hopeless.
- Being easily irritated or frustrated.
- Eating too much or too little, causing weight gain or loss.
- Having low energy or fatigue
- Difficulty thinking, concentrating, or making decisions.
- Losing interest in activities that once brought joy.
- Experiencing sleep disturbances, either insomnia or excessive sleeping.
- Withdrawing from family and friends.
- Thoughts of self-harm or suicide.

## When to Seek Help

Determining when to seek help can be difficult, especially distinguishing between typical reactions to life's challenges and a need for professional support. If your emotional state interferes with your work and relationships or you've felt consistently down for two weeks or more, it's crucial to reach out for help. Taking this step can initiate the journey toward better mental health and well-being.

Remember, help is available, and seeking support is a positive step toward healing. If you or someone you know is struggling with depression, don't hesitate to reach out to a healthcare provider or mental health professional.



Source:  
1. Gallup: U.S. Depression Rates Reach New Highs (May 17, 2023); [news.gallup.com](https://news.gallup.com).  
2. Cleveland Clinic: Depression (January 13, 2023); [my.clevelandclinic.org](https://my.clevelandclinic.org).  
3. Mayo Clinic: Depression (major depressive disorder) (Oct. 14, 2022); [mayoclinic.org](https://mayoclinic.org).  
4. Anthem Blue Cross and Blue Shield: Understanding And Talking About Mental Health Stigma And Mental Health Conditions (December 7, 2023); [anthem.com](https://www.anthem.com).

# 5 Habits for Peaceful Living

By Yung Pueblo

**Cultivate Self-Awareness of Tension:** Being mindful of when you're clinging to stories or emotions for too long is crucial. Ask yourself, "Is this a legitimate concern, or am I just finding reasons to be upset?" By regularly checking in with your emotions and the narratives you attach to them, you create space to recognize that while your emotions are valid, the stories you tell yourself might not always align with reality. Practicing self-awareness and letting go of irrational worries can ground you. For peace to thrive, practice releasing these stories frequently.

**Recognize Your Field of Control:** Our minds can often trick us into believing we have more control than we do. In reality, you can only control your actions, words, and thoughts. Understanding this can be both humbling and liberating. When you find yourself fixating on things outside your control, remember that sustaining peace requires letting go of the need to control everything.

**Mindful Communication:** Not every thought warrants expression. Many of our thoughts are echoes of past experiences or reactions. When contemplating whether to express a thought, ask yourself, "Am I speaking from a place of reaction or intention?" Being mindful of your motivation ensures that your words contribute to peace rather than escalate tensions. Thoughtful communication stems from the heart, not the ego.

**Move with Intention to Spread Harmony:** As you navigate the world with the purpose of creating harmony, you'll notice an increase in the kindness you receive. Carrying an energy that seeks to harm no one enhances your peace and positively influences your surroundings. When you view everyone as potential friends rather than foes, you open yourself to endless harmonious interactions.

**Make Time with Important Decisions:** The fast-paced nature of society can pressure you into making hasty decisions. However, peace requires you to step away from the rush and move at a pace that feels natural. To bring forth the best version of yourself, provide yourself with the patience to deliberate. Rushing can lead you back to past patterns and pain. Allow space for introspection and thoughtful decision-making to choose new, peaceful ways of being.

By infusing these habits into your daily routine, you pave the way for a life rich with peace and fulfillment.



## Tips for Practicing Mindfulness

Mindfulness is a powerful tool for reducing stress and enhancing well-being. Here are a few simple tips to incorporate mindfulness into your daily routine:

- 1. Start Small:** Set aside just 5 to 10 minutes each day to focus on your breath.
- 2. Focus on Breathing:** Pay attention to each inhale and exhale. Bring your mind back to your breath whenever it wanders.
- 3. Body Scan:** Take a moment to scan your body for tension, and breathe deeply to release it.
- 4. Mindful Observation:** Choose an object around you, like a plant, and observe it closely, noting its details without judgment.
- 5. Gratitude Practice:** Reflect on things you are grateful for to cultivate a positive mindset.

By incorporating these simple practices, you can bring a greater sense of peace and presence into your life.

# Celebrating Women's Health Month: Prioritizing Health and Well-being

As we observe Women's Health Month this May, it's a perfect opportunity to focus on the unique health challenges and needs of women. By prioritizing well-being and encouraging preventive health measures, women can lead healthier, more fulfilling lives.

## Importance of Preventive Screenings

Regular health screenings are crucial in detecting potential health issues early. The Centers for Disease Control and Prevention (CDC) emphasizes the importance of mammograms, Pap smears, and other routine exams in early disease detection and prevention ([CDC, 2023](#)).

## Mental Health Awareness

Mental health is integral to overall health, and women often face stressors related to balancing multiple roles. The Office on Women's Health highlights the need for mental health care, recommending practices like mindfulness and professional support to alleviate anxiety and depression ([Office on Women's Health, 2023](#)).

## Heart Health

Heart disease remains the leading cause of death among women. The American Heart Association advocates for heart-healthy habits, including regular physical activity, a balanced diet, and stress management to reduce cardiovascular risks ([AHA, Go Red for Women, 2023](#)).

## Reproductive Health

Understanding reproductive health is vital at every life stage. The National Institutes of Health provide resources on family planning, menopause, and reproductive system changes, empowering women with knowledge to make informed health decisions ([NIH, 2023](#)).



## Call to Action

This Women's Health Month, take charge of your health by scheduling necessary check-ups and adopting healthier lifestyle habits. Encourage the women in your life to do the same. Together, we can foster a community that values and uplifts women's health every day.

Source::

Centers for Disease Control and Prevention (CDC) - Women's Health: Website: [CDC Women's Health](#)  
Office on Women's Health - U.S. Department of Health and Human Services: Website: [Office on Women's Health Mental Health](#)  
American Heart Association - Go Red for Women: Website: [Go Red for Women](#)  
National Institutes of Health (NIH) - Women's Health: Website: [NIH Women's Health](#)

**Schedule your well-woman or annual physical today**

To find a doctor in your plan's network, use the Find Care feature on the [Sydney Health app](#) or [anthem.com](#).

# Brain Boosting Smoothie

Active Time: 5 mins

Total Time: 5 mins

Servings: 2

Kickstart your day with a boost of brain power! This Brain Boosting Smoothie is a delicious concoction made with ingredients to support your cognitive function and mental clarity.

## DIRECTIONS

- 1 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1 small banana
- 1/4 piece of an avocado
- 1 tablespoon chia or hemp seeds
- 4 walnuts
- Small handful or 1/4 cup packed leafy green of choice: spinach, kale
- 1/4 teaspoon turmeric powder
- 1 1/2 cups milk of choice or coconut water
- Optional boosts: lions mane, ashwagandha, protein powder

## INSTRUCTIONS

- Place all ingredients in a blender and purée until smooth.
- Pour into a tall glass and enjoy!



**Calories:** 249kcal **Carbohydrates:** 36g | **Protein:** 7g | **Fat:** 11g | **Saturated Fat:** 1g | **Polyunsaturated Fat:** 5g | **Monounsaturated Fat:** 3g | **Sodium:** 195mg | **Potassium:** 900mg | **Fiber:** 9g | **Sugar:** 20g | **Vitamin A:** 510IU | **Vitamin C:** 27mg | **Calcium:** 79mg | **Iron:** 3mg