

SUN PRAIRIE

SCHOOL DISTRICT AND CITY EMPLOYEE WELLNESS CLINIC

In partnership with SSM Health at work

SEPTEMBER 2021

Mental Health Spotlight

Seasonal Affective Disorder or The Winter Blues

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. Most people with SAD have symptoms worse in the winter months, but some people have worse symptoms in the summer. Why are we talking about the "winter blues" now? If your symptoms are most noticeable in the winter, the optimal time to start treatment is in the fall.

Common symptoms of SAD: losing interest in activities you once enjoyed, having problems with sleep (either too much or too little), feeling sluggish or agitated, and sometimes thoughts of suicide.

If you or someone you know is having thoughts of suicide or harming others, go to the nearest emergency room or call the National Suicide Prevention Lifeline for support and information at 1-800-273-TALK (8255) or [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

Treatments for SAD: morning light therapy (it's important to increase light time gradually so it doesn't cause agitation), medications, and counseling. If you have tried medication in the past but had negative side effects, you may be able to tolerate a different medication or a lower dose and get benefit without side effects.

It is important to have the proper diagnosis and treatment. Make an appointment with your primary care provider for evaluation.

Don't brush off that yearly feeling as simply a case of the "winter blues" that you need to tough out on your own. We are here to help.

SAD By the Numbers

The average age for people who suffer from SAD is **18 to 30**, but it can affect anyone.

10 million Americans are affected, and another
1 to 2 million
have mild SAD episodes.

6 percent
of cases require hospitalization.

Fewer than
40 percent
of people who need help actually seek help.

9 out of 10 people
with mental health issues experience stigma and discrimination.

55 percent of people have family members with a depression issue.



December through February are the most severe months for SAD.

The ratio of women to men with SAD is
4 to 1.

350 million
people worldwide suffer from depression.

60 to 80 percent
of all cases are treatable.

34 percent
have family members who suffer from alcohol abuse.

6.7 percent
of all U.S. adults have suffered a major depressive episode.

50 percent of people ages 12 to 17 said depression symptoms were why they sought help.

Check out the informative [Dean Health Plan webinars](#) they have to offer.

All DHP members and non-members are invited.



Jumpstart your health.
Schedule your 3 yrs.
and older physical



The average adult consumes four times the recommended amount of sugar, leading to unnecessary calories and weight gain.

Try these alternatives:

Replace a latte with a small black coffee

Drink unsweetened iced tea or reduced-fat milk instead of soda.

Berry Basil Refresher

Makes: 6 servings

Store covered in fridge. Good for 3 days.

Ingredients: 5 whole fresh or frozen strawberries • 3 fresh basil leaves

Tear basil leaves into quarters. Add the strawberries and basil leaves to the pitcher. Fill the pitcher with 6 cups of cool tap water. Stir gently. Put the pitcher in the fridge for at least 2 hours or until contents are cold.

[Courtesy of Rethink your drink Nevada](#)

WELLNESS CARE PACKAGE

SEPTEMBER 2021

 **Dean**HealthPlan
A member of SSM Health

Programs are open to all, regardless of insurance, unless otherwise noted*

New! Living Healthy* Daily Habits Plan: Pregnant Partner Support

- This 28-Day Plan is for those who have a partner who is pregnant or may become pregnant soon. You will complete various activities such as learning about the stages of pregnancy, going to prenatal visits with your partner and making sure the car seat is ready to go.
- The Plan also reinforces how important it is to care for yourself in order to care for someone else, including getting enough sleep, eating correctly and exercising. Log in to your [Living Healthy*](#) portal to access this Daily Habits Plan.

Strong Beginnings*

- Dean Health Plan also offers the [Strong Beginnings program*](#). A variety of resources and services available for those who are pregnant, recently delivered or are thinking about becoming pregnant.

Learning Loft: Abby Can't Cook Tuesday, Sept. 21 - 12pm

- You read that right! Join Abby, who "can't cook", as she muddles her way through a new recipe with the help of registered dietitian Jenni Beekman. You might be surprised what you learn!
- [Register for this Learning Loft](#) and check out all [upcoming wellness programs & events](#).



- Missed a past Learning Loft? Check out the [video library](#) and scroll to the Learning Loft section.

National Cholesterol Education Month

- Cardiovascular disease claims a life every 36 seconds. However, unlike many health conditions it is preventable. Knowing your cholesterol levels and educating yourself on ways to reduce or improve your levels if needed, is an important part in [prevention](#).
- Low-density lipoprotein (LDL), also known as "bad" or "Lousy" cholesterol, is the main source of cholesterol buildup in arteries. High-density lipoprotein (HDL) is often called "good" or "Healthy" cholesterol because it helps prevent the buildup in arteries.



- One way to improve your cholesterol is quitting tobacco. Join the next [virtual Freedom From Smoking](#) session starting Tuesday, September 28 (any form of tobacco is welcome).



What are REAL Goals?

Realistic
Easy
Attainable
Life Goals

Select from a list of [predesigned goals](#), or create your own in this month's [Living Healthy challenge*](#). The challenge starts September 6. Register starting August 23.



B.Y.O. Smoothies

Building Your Own Smoothies is a quick and easy way to make a snack or a meal on the go! Check out these recipes and tips to personalize your smoothie.

Basic Smoothie

2 cups fresh or frozen fruit
¾ cup juice
½ cup yogurt or cream base (i.e. milk)
Add-in as desired

Combine all ingredients in a blender and blend until smooth.



 **Dean Health Plan**
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foodsmart

Blueberry Mint Smoothie

1 cup frozen blueberries 2 tbsps. cocoa powder
¼ cup raspberries ¾ cup soy milk
½ cup fresh mint ½ avocado
1 tsp. lemon juice.

Combine all ingredients in a blender and blend until smooth.



Chocolate Peanut Butter Banana Smoothie

2 Bananas
¼ cup smooth peanut butter (reduced sodium)
½ cup plain Greek yogurt
¼ cup rolled oats
2 tbsps. cocoa powder

Combine all ingredients in a blender and blend until smooth.



Foodsmart is a comprehensive nutrition app that is a customizable tool for your health that will save you time, money, and help you eat better. Plus, there are no add-ons or upgrades! Dean Health Plan members have a free membership, sign up today at deancare.com/foodsmart

Check out our [Wellness Library](#) for a step by step Learning Loft: Healthy Smoothie Demo with additional recipes, tips and tricks!

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[Clinic Website](#)

Clinic Hours

Monday – Thursday 7:30 am – 6:00 pm
Friday 7:30 am – 5:00 pm