Mental Health Awareness Month

| Relaxation

The month of May is Mental Health Awareness Month. Being proactive and taking care of your mental health is important for your overall well-being. There are many ways to manage your mental health, including relaxation. Relaxation is essential for maintaining physical and mental health and should be incorporated into your daily routine. Relaxation has numerous benefits, including:

- **REDUCED STRESS**
  Relaxation helps reduce stress levels, which can negatively impact mental health. When you relax, your body releases chemicals in your brain called endorphins that help combat the effects of stress.

- **IMPROVED MOOD**
  Relaxation helps improve your mood and reduce anxiety and depression. When you are relaxed, you can better cope with life's challenges.

- **INCREASED PRODUCTIVITY**
  Taking time to relax can increase your productivity in the long run. When well-rested and relaxed, you are more focused and able to work efficiently.

- **IMPROVED SLEEP**
  Relaxation can also improve the quality of your sleep. When you are relaxed, your body is better able to fall asleep and stay asleep, which can positively impact your mental health.

- **BOOSTS IMMUNE SYSTEM**
  Stress can weaken the immune system, making us more susceptible to illness. Relaxation can help bolster the immune system and keep us healthier.

You are invited to
Mindful Monday!

You can plan relaxation into your workday by joining us for our Mindful Monday sessions.

Mindful Monday is a 3-5 minute live-virtual session led by one of our health promotion coaches every Monday afternoon. Each session features a simple relaxation or stress management technique such as deep breathing, mindfulness, guided imagery, or practicing gratitude. These techniques are designed to help you reduce the negative feelings of stress and can help you take control of the rest of your day.

Use each Mindful Monday session as an opportunity to manage your stress for the rest of the week by repeating the featured exercise daily or in times when you feel like you need to relax.

CONTACT

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HERE ARE 7 RELAXATION IDEAS TO TRY:

There are many relaxation techniques that can help reduce stress. What works best for one person may not work well for another, so find one that works for you.

1. **Practice deep breathing** – take slow, deep breaths, focusing on inhaling and exhaling deeply. This can help you calm your mind and reduce stress levels.
2. **Practice mindfulness** – mindfulness involves paying attention to the present moment without judgment. You can practice mindfulness by focusing on your breath, paying attention to your surroundings, or simply being aware of your thoughts and emotions.
3. **Take a warm bath or shower** – a warm bath or shower can help to relax your muscles and calm your mind.
4. **Do some physical activity** – regular physical activity such as yoga, stretching, walking, or running can help to release tension and reduce stress levels.
5. **Listen to calming music** – listening to calming music can help to relax your mind and reduce stress levels.
6. **Practice visualization or guided imagery** – visualization and guided imagery involve creating a mental image of a peaceful, relaxing situation. This can help reduce stress levels and promote relaxation.
7. **Spend time in nature** – spending time in nature can help reduce stress levels and promote relaxation. You can go for a walk in the park, hike in the woods, or simply sit outside and enjoy the fresh hair.

Overall, taking time to relax is important for maintaining mental health. It can help you feel better, be more productive, and enjoy life more fully. It's worth trying different relaxation techniques to find what works best for you. It is always worth it to take a few minutes to relax and care for your mental health.

Health Insurance 101: Copay

For 2023 we have been discussing the different parts that make up your health insurance benefits. We discussed your premium as the amount you and your employer pay for your health insurance every month. We discussed your cost share which can include you paying for some or all of the following:

- **Deductible amount** - the amount you pay out of pocket before your health insurance plan begins to pay for covered costs.
- **Coinsurance amount** - this is a percentage of the cost of care you are responsible for after your deductible has been met.
- **Copayment amounts** - is a flat, fixed amount that you typically pay for healthcare services when you get a service at the doctor's office or medication at the pharmacy.
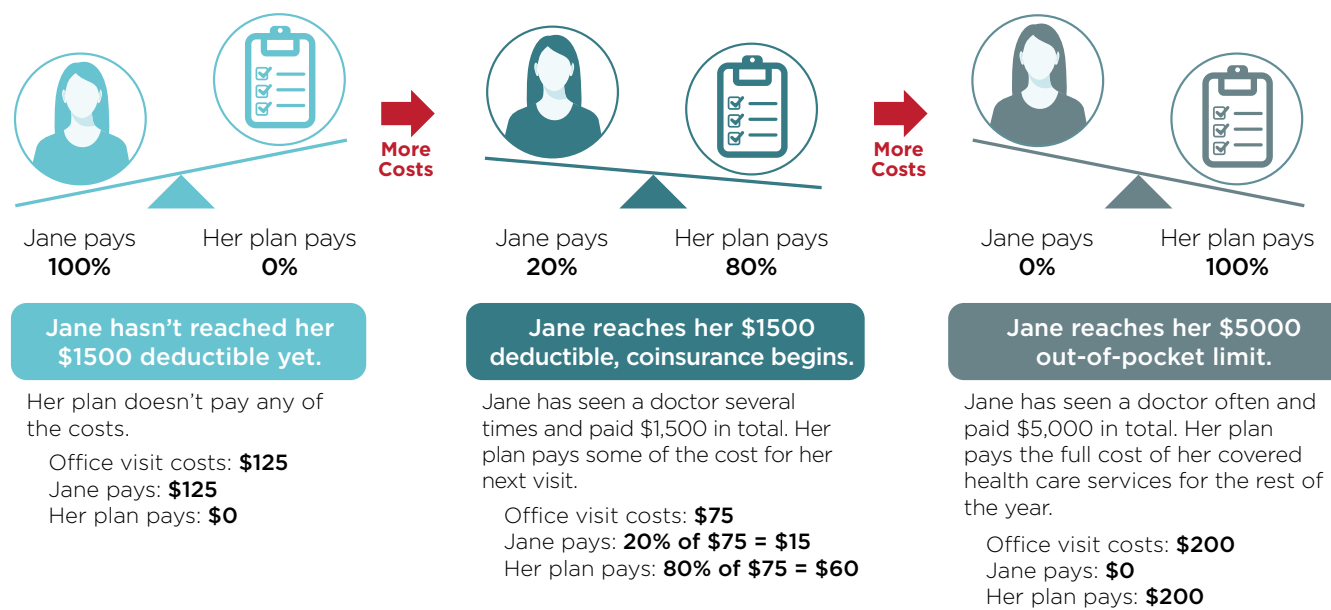
Now let's put it all together and show you an example of how health insurance works for you.

SHARE COSTS EXAMPLE

Jane's Plan Deductible: $1,500   **Coinsurance:** 20%   **Out-of-Pocket Limit:** $5,000

January 1st (Beginning of Coverage Period)   *December 31st (End of Coverage Period)*

| Jane pays **100%** | Her plan pays **0%** | More Costs | Jane pays **20%** | Her plan pays **80%** | More Costs | Jane pays **0%** | Her plan pays **100%** |

Jane hasn't reached her $1500 deductible yet.

Her plan doesn't pay any of the costs.
Office visit costs: **$125**
Jane pays: **$125**
Her plan pays: **$0**

Jane reaches her $1500 deductible, coinsurance begins.

Jane has seen a doctor several times and paid $1,500 in total. Her plan pays some of the cost for her next visit.
Office visit costs: **$75**
Jane pays: 20% of $75 = **$15**
Her plan pays: 80% of $75 = **$60**

Jane reaches her $5000 out-of-pocket limit.

Jane has seen a doctor often and paid $5,000 in total. Her plan pays the full cost of her covered health care services for the rest of the year.
Office visit costs: **$200**
Jane pays: **$0**
Her plan pays: **$200**

As always, if you have questions about your benefits or how your deductible is being applied to your medical services, please contact our Member Services Department at Group Health Cooperative of Eau Claire – 715-552-4300.

CONNECT WITH US.

Visit group-health.com or give us a call at 715.552.4300 or 888.203.7770.

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