



Sensible health and wellness concepts for employees



## From Awareness to Action: Show your Support on World Mental Health Day

World Mental Health Day (October 10) is an international day for global mental health education, awareness and advocacy against social stigma. The World Federation for Mental Health has celebrated this day since 1992 and selects a theme each year. The goal of this year's World Mental Health Day campaign is increased investment in mental health. In other words, the movement is putting a spotlight on expanding the availability of mental health resources for all.



The World Health Organization notes that prior emergencies have led to an increase in mental health issues. Our day-to-day lives have changed with the addition of social distancing, increased vigilance on hygiene and protective health measures. With the current state of the world given the coronavirus (COVID-19) pandemic, even more attention is drawn to social support at this year's World Mental Health Day. It is important to address the whole person when we discuss health. As the World Federation for Mental Health states "there is no health without mental health."

### How to Get involved

This year's event falls on a Saturday, which means you can get extra creative with how you choose to raise awareness for World Mental Health Day. Challenge yourself to try one or all the ideas below.

1. **Express support:** Raise awareness for the cause with a little bit of color. Look for creative ways to add **lime green** (the official mental health awareness color) to the world around you. Add a splash of the vibrant hue to your outfit or pin a lime green ribbon to your jacket. Take your support virtual by highlighting mental health awareness in your



social media thread, inserting a customized frame to your profile photo, or updating your email signature.

2. **Equip yourself:** Practice a technique to combat day-to-day stress and promote mindfulness. A good addition is to add a [deep breathing exercise](#) to your morning routine. Start by trying the 4-7-8 technique. Simply, part your lips and exhale through your mouth. Inhale through your nose with your mouth closed as you count to 4. Hold your breath for 7 seconds. Finally, take an 8 count to exhale through your mouth.
3. **Educate others:** Normalize mental health conversation by discussing World Mental Health Day with friends and family. Try by sharing a fact (for example, 1 in 4 people will be affected by a mental disorder at some stage of their lives) or a personal story about your own mental health journey.
4. **Engage globally:** Join the [Big Event for Mental Health](#) hosted virtually by the World Health Organization on October 10. This first-time event will feature world leaders, mental health experts and celebrity guests with education on what we can all do to improve our mental health and make sure quality mental health care is available to everyone who needs it. The event will be streamed live on major social media channels. To find out more, follow WHO on [Facebook](#), [Instagram](#), [LinkedIn](#), [Snapchat](#), [Twitter](#) or [Tik-Tok](#).

You can continue to play a part in mental health awareness throughout the year by getting involved at a local level. Check out your local [National Alliance for Mental Illness](#) for additional resources and volunteer opportunities.

Sources:

<https://www.who.int/campaigns/world-mental-health-day/world-mental-health-day-2020>

<https://www.nami.org/About-NAMI>

<https://www.who.int/news-room/events/detail/2020/10/10/default-calendar/the-big-event-for-mental-health>

<https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques#1>

This newsletter contains general health information and is not a substitute for your doctor's care. You should consult an appropriate health care professional for your specific needs. Some treatments mentioned in this newsletter may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage.



## Turkey Chili Stuffed Acorn Squash Makes 4 servings

In this savory seasonal dish, you get the benefits of both a hearty chili full of flavor and an edible bowl!

Prep time: 5 minutes

Cook time: 40 minutes

### INGREDIENTS

2 acorn squash, halved, seeded  
1 pound 93% lean ground turkey  
1/2 teaspoon kosher salt  
1/3 cup onion, chopped  
2 cloves garlic, crushed  
10 ounces canned Rotel mild tomatoes with green chilies  
1/2 cup canned tomato sauce  
1/2 cup water  
3/4 tsp cumin  
1/4 tsp chili powder  
1/4 tsp paprika  
1 bay leaf  
6 tablespoons shredded sharp cheese  
fresh cilantro, for garnish



### NUTRITIONAL INFORMATION

Serving: 1 stuffed half  
Calories: 320  
Carbohydrates: 29.5g  
Protein: 28  
Fat: 12g  
Saturated Fat: 3.5g  
Cholesterol: 91mg  
Sodium: 650mg  
Fiber: 5g  
Sugar: 3.5g

### DIRECTIONS

1. Preheat oven to 400° F. Spray a baking sheet with nonstick spray.
2. Place squash halves on the baking sheet, cut sides down. Bake until soft, 30 to 35 minutes.
3. Meanwhile, in a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces and season with salt and pepper.
4. When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat.
5. Add the can of Rotel tomatoes, tomato sauce, water, cumin, chili powder, paprika, and bay leaf.
6. Cover and simmer over medium-low heat about 25 minutes stirring occasionally.
7. Remove bay leaf, flip the squash over and fill each half with 3/4 cup chili.
8. Top with cheese and bake until melted, about 5 minutes. Top with cilantro.

Source: <https://www.skinnytaste.com/turkey-chili-stuffed-acorn-squash/>