

BenefitsNEWS

May 2024

May Benefits Highlights

Mental Health Awareness Month. During the month of May, a number of events and resources will be promoted to help raise awareness of mental health. Please keep a look out on the SBD Wellbeing WP page for a calendar of events! [SBD Wellbeing Workplace Group](#)

Take the Mental Health Navigator Assessment. Asking for help or knowing where to begin when you need support can sometimes feel difficult, but we have just the tool for you. Take the assessment and receive personalized content including 15-minute flash courses, quick articles, in-the-moment live support and more. Receive up to six (6) short term counseling sessions per issue per year and enjoy an enhanced digital experience with bite-size content to boost your mood. Get started at [sbdsupportlinc.com](#) (group code: SBD) or call **888-508-1170** for 24/7/365 support.

Preventive Care with Cigna. Screening tests help your doctor look for certain diseases before any symptoms appear. Often, the earlier a disease is diagnosed, the more likely it is that it can be cured or successfully managed. To schedule a health screening or to learn more about finding health problems early, Visit [mycigna.com](#) or call **800-243-3280**.

Has childcare planning left you feeling exhausted? Get help with Care for Business. Easily find and book background-checked caregivers for your summer needs, including care for children, seniors, home, pets and more. Or better yet, let a Care Specialist do the work for you. Visit [sbd.care.com](#) or [MySBD](#) > Quick Actions > Care for Business or call **866-814-1638**. *First time visitors may register using your SBD assigned email and registration code SBD.*

World No Tobacco Day (31st). Quit For Life® on Rally Coach™ is designed to give you the confidence you need to quit tobacco for good. Get a personalized Quit Plan and 1:1 access to coaches via phone, chat, or text. Also get additional access to group video sessions, nicotine replacement therapy, and more. All at no additional cost as part of your benefits plan. To get started, visit [quitnow.net](#), text "START" to **34191** or call **1-866-QUIT-4-LIFE, TTY 711**.









Well-being guide contents:

-  Health & Physical Well-being
-  Mental Well-being
-  Financial Well-being

May National Health Observances & Events:

- Mental Health Awareness Month
- National Women’s Health Month
- Arthritis Awareness Month
- Lupus Awareness Month
- National Osteoporosis Awareness and Prevention Month
- National Physical Fitness and Sports Month
- ALS Awareness Month

Mark your calendar for upcoming events (or access the recording after the fact)

	05/09/24 12 p.m. ET	Maternity & Newborn Care Session (Maven)	Learn more about how you and your partner can use Maven for your journey from pregnancy and postpartum to those early newborn months.	https://mavenclinic.zoom.us/webinar/register/WN_H1yxBf7rQVOADZ-POhaJA#/registration
	05/15/24 2 p.m. ET	A deep dive into your Social Security benefits (Principal)	Learn more about Social Security benefits so you can feel confident you’re making the right decisions for your future.	Webinar: A deep dive into your Social Security benefits by Principal
	05/16/24 1 p.m. ET	Gen Z and Mental Health (Cigna)	Learn more about children and adolescent behavioral disorders and receive expert advice on how to handle day-to-day challenges.	Mental Health Resources and Seminars Cigna Healthcare
	05/16/24 1 p.m. ET	Quit for Life	Learn more about the Quit For Life® program that can help you or help support your loved one to quit vaping, chewing or smoking.	Webinar Registration - Zoom
	05/16/24 1 p.m. ET	Secrets for a healthy summer (WeightWatchers)	Experts share strategies for staying healthy and balanced all season, even during the summer.	Webinar Registration - Zoom
	05/22/24 12 p.m. ET	Raising Resilient Kids: Children’s Mental Health in Today’s World (Care)	Learn how to recognize signs that your children may be struggling with their mental health and how to seek appropriate help and resources.	Webinar Registration - Zoom
	05/23/24 12 p.m. ET	Finding Your Voice As Your Child’s Advocate (Torchlight)	Learn how parents can build their advocacy skills as they navigate school, medical, and government support systems	Webinars (torchlight.care)
	On Demand	Improving Mental Toughness (SupportLinc)	Watch this on-demand video for information on how to improve mental toughness.	SupportLinc (mysupportportal.com)

Spotlight on Benefits for your Financial, Mental and Physical Wellness

Mindfulness On A Monday



We all have bad days – days when all you want to do is push through and survive. But when emotional burnout continues, the negative feelings can start to affect your work and personal life, especially if you are doing things like self-medicating to cope.

It's important to know that you can overcome these feelings, start to build your emotional resilience and get energy back in your day. Resilience is about finding inner strength, knowing how to deal with burnout and bouncing back better with greater vitality. That's why resilience and vitality go hand in hand.

In honor of Mental Health Awareness Month, here are some suggestions to build your own resilience and vitality tool kit. Try a few and see which ones work best for you.



Own your thoughts

- **Don't focus on the negative.**

Try focusing on growth. Make a list of your strengths and what makes you feel good.

- **Work toward a flexible mindset.**

Know that it's okay to feel different emotions, including anger and frustration. Acknowledge the feeling for what it is and accept it.

- **Practice quieting your mind.**

Meditation, breathing, intention setting, journaling and grounding can help you find peace and better manage difficult emotions when they arise.

- **Don't lose your sense of humor.**

Laughter helps relieve stress, even when times are tough. Listen to your favorite comedy skit, read a joke or watch a funny video.



Find time for you

- **Move your body.**

It's a great way to take your mind off what you're burned out on. It can also help release tension and relieve underlying stress.

- **Get enough rest.**

If stress is keeping you up at night, try improving your sleep routine or talking to your doctor about supplements or medications.

- **Eat well.**

Notice how much better you feel when you make healthy choices and eat balanced meals.

- **Enjoy a hobby.**

Spending time doing things you enjoy — and things you're good at — is another way to think about something other than your stress.



Identify your support system

- **Don't withdraw.**

Find coworkers, family or friends who are understanding and respectful of your feelings and will listen to what you're feeling.

- **Don't go it alone.**

It's okay if you need help. A therapist, a counselor, a coach or, another mental health professional, can help with your burnout. You also can discuss your feelings with a religious leader.

National Women's Health Month



In honor of National Women's Health Month, learn more about women's health issues and topics. There is so much to know about the woman's body. And as your body changes with time, you are bound to have questions you never thought of before. For more information, visit [Women's Health | Cigna](#). In addition to the Cigna resource, Tune into this Minute with Dr. Mitch [here on Workplace](#) for the importance of preventive care.

Physical Therapy



Physical therapy is a type of treatment you may need when health problems make it hard to move around and do everyday tasks. It helps you move better and may relieve pain. It also helps improve or restore your physical function and your fitness level. Physical therapy can also help with recovery after some surgeries. If you are enrolled in Cigna medical coverage and you are experiencing muscle or joint pain for the first time or you are considering surgery for a more chronic concern, learn more about the Pathwell Bone & Joint Program with Cigna Healthcare. Work with a dedicated Care Advocate who can help coordinate many aspects of your care and help you put an end to joint pain. Visit [CignaPathwellBoneandJoint.com](#) or call **1-877-505-5875**.

Featured Wellness Partners & Ways to Connect

- **Cigna Healthcare & MDLive** - Visit [mycigna.com](#) or call **800-243-3280**.
- **Care for Business (formerly LifeCare) Work/Life Services** - Call **866-814-1638**, log into MySBD and click on the Care pinned app link, or visit [sbd.care.com](#), registration code: SBD
- **Maven Clinic** – visit [mavenclinic.com/join/SBD](#)
- **SupportLinc by Curalinc Healthcare (EAP)** – visit [sbdsupportlinc.com](#) or call **888-508-1170**
- **Torchlight by LifeSpeak, Inc.** – a parenting and caregiving solution – visit [sbd.torchlight.care](#)
- **Principal** - Call **800-547-7754** or visit [www.principal.com](#)
- **Quit for Life on Rally Coach Tobacco Cessation** – Quit today (or help a family member start) by calling **866.QUIT.4.LIFE** or visit [quitnow.net](#)

Visit the **SBD Benefits Center** at [www.sbdbenefitscenter.com/welcome](#) to access more benefits news and resources. *No login required!*