



## WELLNESS NEWSLETTER

MAY 2025

WELCOME TO OUR

# Monthly Newsletter

## Mental Health Awareness and Better Sleep

- Did you Know? 1 in 3 adults do not get enough sleep.
- Most adults need 7 to 9 hours of sleep each night. Kids and teens need even more. On average high school students get only 6.5 hours with 20% getting 5 hours of sleep or less per night.
- Poor sleep can lead to: Alzheimer's disease, Cardiovascular disease, cognitive decline and dementia, depression, diabetes, high blood pressure, high blood sugar, high cholesterol, infections, and obesity
- Poor Sleep can cause: accidents, breathing problems, hormone imbalance, memory and cognitive issues, increased appetite and unhealthy eating, inflammation, stress, weight gain



## In This Newsletter

1. Blue Cross Blue Shield Connect Community Articles
2. Monthly Webinars
3. WellOnTarget Resources
4. Other Wellness Related Benefits



## Blue Cross Blue Shield Connect Community Articles

[Link Between Nutrition and Mental Health](#)

[Three Ways to Support Your Teen's Mental Health](#)

[The Mind-Body Connection: Nurture Both for Better Health](#)



## Monthly Webinars

**Access Code: BETTERME**

**Habits: Building the Good, Breaking the Bad:**  
We live much of our lives without even thinking. Exciting new findings show that we can build new healthy habits and break old ones with less effort to improve our lives. Join the Learn to Live Clinical Teams to learn how to take your next big step toward a better life.

[Thursday May 8<sup>th</sup> 12-12:30pm CST](#)

**What is Anxiety and What Can I Do About it?:**  
Do worried thoughts command all your attention and steal your joy? Or Does your body tell you that you're troubled with an upset stomach, trembling hands, and sweat on your forehead? Even when they seem link they're coming out of nowhere, these can be symptoms of anxiety. LearnToLive Clinical Team will help you better understand anxiety and introduce you to evidence based strategies that can help improve your well-being

[Friday May 9<sup>th</sup> 10:30-11am CST](#)

**Don't Let ANTs Ruin Your Lunch:**

In this 15 minute webinar we'll share about ANTs (Automatic Negative Thinking Traps). They are so common yet often go unnoticed as they trick us into worrying and create unnecessary stress in our days. You'll learn a research-based strategy that can help you stop ANTs from ruining your day

[Friday May 16 11:30-11:45 CST](#)



## Wellness Time Reminder

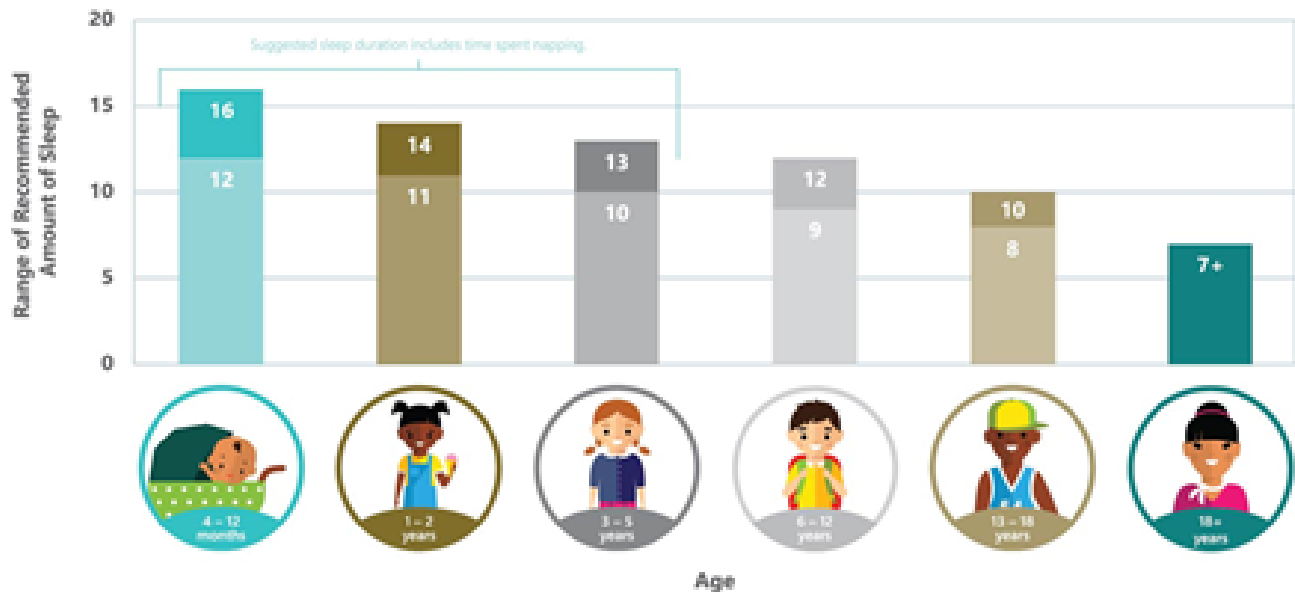
We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

[Wellness Release form](#)

# How Much Sleep Do You Need?

## Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.



**SleepEducation.org**

A sleep health information resource by the American Academy of Sleep Medicine



### WellOnTarget Resources

- Self-Management Programs: Digital programs that give members tips, techniques, and resources to support wellness goals
- Health Coaching: work with a health coach one on one to set goals and receive guidance
- Trackers: Tool to help track health status

### Personal Challenges

- Sweet Dreams (14 days): Aim for at least seven hours of sleep each night
- 60 seconds to less stress (14 days): Can you believe it? You can lower your stress in 60 seconds
- Nature Nurture (14 days): Spend time outdoors and connect with nature to boost your mental health.
- Screen Free Slumber (14 days): Improve your sleep! Eliminate screen time before bed.

# How Sleep

Affects Your Health



**1 in 3** adults don't get enough sleep.

## How much **sleep** do you need?



Most adults need 7 to 9 hours of **sleep** each night. Kids and teens need even more. Yet the average high school student gets only 6.5 hours per school night, and about 20% get 5 hours or less!

## Poor **sleep** may put you and your health at higher risk for:

- Alzheimer's disease
- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- Diabetes
- High blood pressure
- High blood sugar
- High cholesterol
- Infections
- Obesity

## Poor **sleep** can cause:

- Accidents
- Breathing problems
- Hormone imbalance
- Memory and cognitive issues
- Increased appetite and unhealthy eating
- Inflammation
- Stress
- Weight gain

## Benefits of good **sleep**

- Healing and repair of cells, tissues and blood vessels
- Stronger immune system
- More creativity and productivity
- Improved mood and energy
- Better brain function including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- Healthy growth and development for kids and teens
- Better ability to build muscle
- Quicker reflexes
- Less risk of chronic disease

Remember:

**7 to 9** will help you feel fine,  
so get your **ZZZs!**

Learn more at [heart.org/Sleep](https://heart.org/Sleep).

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Perks and Benefits to Remember  
[WellOnTarget](#)  
[Learn To Live](#)  
[Work/Life Solutions](#)  
[Guidance Resources By ComPsych](#)  
[Wellness Website](#)

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