



# Well Worth It

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Wellness Council of West Virginia, P.O. Box 710, Institute, WV 25112  
www.wcwg.org info@wcwg.org 304-766-2686

## Spring Forward!



**Spring forward! This is a common phrase heard this time of the year when Americans are reminded to set their clocks ahead one hour to mark the beginning of Daylight Savings Time. Set your clocks ahead Sunday, March 8<sup>th</sup>!**

**Spring Forward! also applies to your personal or corporate wellness plan. Set health and wellness goals and identify steps to meet the goals. "Spring" into action and work toward your goals one step at a time.**

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A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses."

Hippocrates

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## National Nutrition Month



March is National Nutrition Month and a great time to focus on balanced eating. The United State Department of Agriculture's food pyramid serves as a guide for healthy eating. The updated food pyramid allows a personalized approach to healthy eating combined with physical activity. The USDA's website <http://www.mypyramid.gov/index.html> is an interactive site that educates you on smart food choices, getting the most nutrition from your calories, and staying within your daily caloric needs. Create and track your own personal food pyramid and plan customized menus. This is a valuable tool to help you and your coworkers eat better. Check it out!

## Workplace Safety

According to the American Heart Association, four million non-fatal occupational injuries and illnesses occurred in the workplace in 2007. One-half of the 4 million injuries and illnesses reported resulted in days away from work or job transfers. Regardless of company size, it is important to have a workplace safety plan in place. The American Heart Association has put together a simple, three step process to help your workplace **Plan, Practice, and Prevent** occupational injuries. Visit <http://www.heart.org/presenter.jhtml?identifier=3063785> to learn how to make your workplace safe and protect your most valuable assets – your employees!

### Upcoming Worksite Wellness Trainings

**April 28, 2009**     **Worksite Wellness 101 Charleston, WV**  
(Institute, WV Rehab Center)

**May 19, 2009**     **Worksite Wellness 101 Parkersburg, WV**  
(Blennerhassett Hotel)

More information and registration forms are available on our website at [www.wcww.org](http://www.wcww.org) under the “Trainings” section on the home page.

**Register today!**



## Women and Depression

*Why is there a gender gap?*

Women are twice as likely as men to experience depression. Several factors affect women, including their unique biology, life situation and our culture. Biologically, it is believed that ovarian hormones and related biological factors affect a female's mood through the various stages of life. Often the depression gender gap coincides with puberty and dissipates after menopause, leading some researchers to link hormonal changes with depression. Women also face many stressors during their life activities and in the American culture that can contribute to depression. Work overload, unequal power and status in the workplace as well as sexual and physical abuse are issues that women are more likely to face than men – contributing to depression. The good news is that depression can be successfully treated for males and females alike.

[www.mayoclinic.com](http://www.mayoclinic.com)

## Types of Mental Health Providers

The Wellness Council continues its year long focus on mental health issues by providing you with an overview of the types of mental health providers. There are many types of mental health providers and states differ in their licensing and certificate requirements – use the following guide to help you select the best provider for your needs

**Psychiatrists** are medical doctors or doctors of osteopathy who specialize in the diagnosis, treatment and prevention of mental illnesses. They have completed at least four years of residency training after medical school. They can provide medications and offer psychotherapy.



**Psychologists** specialize in a science that deals with the mind, mental processes and behaviors. Psychologists typically have a doctoral degree, advanced triaging and certain licensing and certification.

**Psychotherapists** are all mental health providers listed here. It is a general term and in most states, providers using the title psychotherapists are not regulated.

**Social Workers** generally help people overcome social and health problems. Most have a master's degree, but training varies. States require social workers to be licensed to provide mental health training.

**Psychiatric Nurses** are licensed registered nurses who have extra training in mental health. Their level of training determines what services they can offer.

**Mental Health Counselor** is a broad term for a person who provides counseling services. Most have a master's degree in social work and are licensed or certified. Counselors sometimes specialize in certain areas.

**Marriage and Family Therapists** treat disorders within the family unit. They typically have a master's or doctoral degree. Not all states require licensing for marriage or family therapists.

**Psychoanalysts** provide treatment that explores unconscious factors that influence relationships and behaviors. They are typically medical doctors, psychologists or social workers who receive extensive advanced training and certification. Sigmund Freud is credited with developing psychoanalytic treatment. [www.mayoclinic.org](http://www.mayoclinic.org)

**Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them - every day begin the task anew.**

**Saint Francis de Sales**

## Tobacco use and mental health

Many who struggle with depression are tobacco users because nicotine can serve as a self-medication. As one smokes, the nicotine causes the release of many chemicals that affect mood. As tobacco users go through the quit process they should be aware of changes in their mood and discuss it with their doctor. If you have used tobacco to manage your moods, it is important to find new techniques to manage your mood and cope with stress. It is possible to successfully quit tobacco.



## American Cancer Society Podcast Series

“Powerful Choices” is the title of the American Cancer Society’s new podcast series. The series is intended to provide easy to understand information about practical things people can do on a daily basis to reduce their cancer risk. The podcasts, lasting three to five minutes, can be accessed via the American Cancer Society’s website, [www.cancer.org](http://www.cancer.org), iTunes, Sharinghope.tv, [www.RelayForLife.org](http://www.RelayForLife.org) or the ACS youtube channel at [www.youtube.com/AmerCancerSociety](http://www.youtube.com/AmerCancerSociety). These podcasts are a modern way to educate yourself on ways to reduce your cancer risk.

## Anxiety

**Anxiety disorders are the most common of all mental and emotional disorders. Everyone experiences anxiety, however, some people experience anxiety attacks that can not be attributed to a clear cause.**

**Symptoms of anxiety attacks including heart palpitations, sweating, fear of dying, hot and cold flashes, shortness of breath, nausea, trembling or shaking, chest pain, dizziness, numbness, or tingling.**

**Anxiety disorders can not be cured, but they can be treated and managed with medication and cognitive-behavioral therapy. Deep breathing and systematic relaxation are two techniques that can help you stay calm and focused when you feel a panic reaction starting. Anxiety disorders should be taken seriously. Treatment is available and often effective.** *Wellsource*

Wellness Council of West Virginia

P.O. Box 710 \* Institute, WV 25112

Phone: 304-766-2686

Fax: 304-766-2696

E-mail: [info@wcwv.org](mailto:info@wcwv.org)