

JULY NEWS 2022

Empowering you with information for
your emotional and physical wellbeing

Whole Person Care

CONTENTS

- 2 // The Physical & Mental Health Connection
- 3 // Tips for a Whole Person Care Approach
- 4 // Using Coaching to Be a Better Manager
- 5 // Resources and Events

Whole Person Care

Before the pandemic, one-quarter of all Americans had to choose between getting treatment for a physical health or mental health condition. Care access is even harder now.

If we want to improve our general health, it's important to pay attention to what is happening both physically and mentally. So, how can we change to a healthcare approach that pays attention to the whole person?



800.386.7055

<https://worklife.uprisehealth.com/>

Access Code: **worklife**



Physical and Mental Health Connection

The connection between mind and body is more than just theory. Mental health can help or hinder physical symptoms and conditions. And physical health can affect mental health. For example, research has demonstrated that poor mental health has a negative effect on heart health. In fact, stress has been associated with a 40% increased risk of developing heart disease. Other studies have found mentally healthy individuals have a lower risk of heart disease and mortality.

Multiple studies have shown that approaching the mind and body together within health care leads to better overall health. Treating both mental and physical health can alleviate anxiety and minimize pain. According to a study of heart patients, those patients who received integrated medicine reported a 50% decrease in pain and anxiety. Paying attention to both mental and physical health can also help people improve lifestyle changes and adopt practices that lead to better outcomes.

The approach that combines care for both physical and mental health is called whole person care.



WHAT IS WHOLE PERSON CARE?

Also known as integrative or complementary medicine, whole person care looks at the health of the whole person all together. Whole person care hopes to get away from care that focuses on organs, body systems, or types of health separately. Whole person care aims to integrate physical health practices and expand to include non-traditional wellness options such as yoga, meditation, guided imagery, and lifestyle coaching.

Research has found whole person care a valuable tool for chronic conditions like cancer and diabetes to help people with these conditions take a more active role in their health. People can use self-care and mental healthcare practices alongside traditional physical health approaches including screenings, lab work, and pharmacology.

For more information on the basics of whole person care and the mind and body connection, read our blog: <https://link.uprisehealth.com/mind-body>





Tips for a Whole Person Care Approach



Understand why it's important

Whole person care encompasses physical and mental health care with lifestyle, social, and spiritual support to improve health from all angles.



Broaden your healthcare activities

We usually think of health care as doctor's visit and medical treatments, but health care can include healthy meal planning, stress management courses, and flexible work schedules.



Know the health benefits

In a study from the University of Arizona, adults who received whole person care saw improvements in mental and physical health, work productivity, and overall wellbeing.



Understand access improvements

Whole person care is more accessible and affordable for many people because it includes more comprehensive health solutions than a traditional care approach.



Make simple lifestyle changes

There are multiple lifestyle changes recommended in whole person care including adding physical activity, adding massage therapy in your routine, and starting meditation practices.



Read more about whole person care

We have more information about whole person care and tips for adopting a whole person care approach. Read more at <https://link.uprisehealth.com/whole-person>

GOALS OF WHOLE PERSON CARE

Adopt a Person-Centered Approach

Whole person care is intended to approach each individual person with comprehensive care from all angles.

Improve Collaboration Between Providers

Whole person care brings together care professionals—from primary care doctor to wellness coach—to work together for the person.

Increase Communication Overall

By working across disciplines, doctors and specialists can see more data, understand more about the individual, and speed up effective care.

Use Resources Smarter

By increasing communication and collaboration, care teams can combine resources, avoid redundant spend, and reduce costs.

Prioritize Mental Health

59.9 million Americans live with a mental illness, but less than half have received care for their conditions. Whole person care prioritizes mental health.

Improve Health Outcomes

Overall, doctors and care professionals are shifting to a whole person care approach because it shows better health outcomes overall.



Using Coaching to be a Better Manager



Becoming an effective and supportive manager does not happen overnight. Like most job skills, managing requires preparation and experience. Even managers that have taken a slow and methodical approach to stepping into a management position can benefit from training and management style analysis. The results can be impressive. Managers who have effective and comprehensive management skills can improve the happiness, productivity, and loyalty of employees.

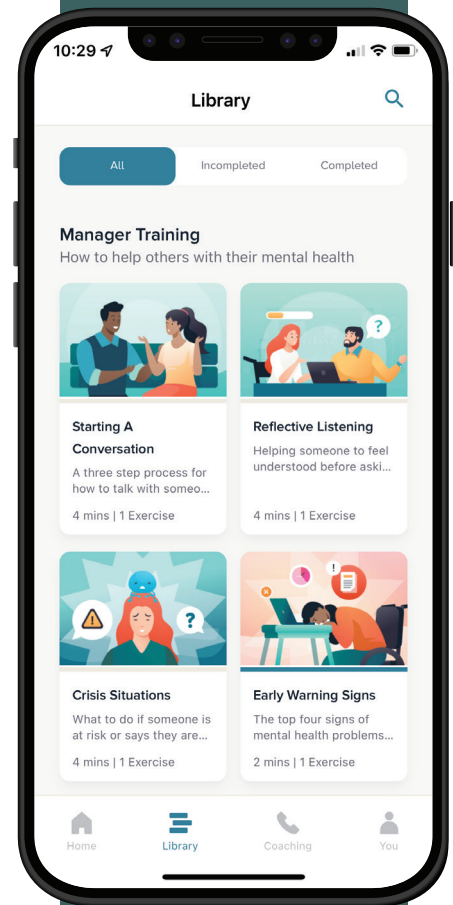
There are many styles and types of management training. Within the Uprise Health Platform, we provide behavioral health courses and coaching that can help managers develop their strengths, learn how to handle difficult situations, and build resilience.

Manager Training Courses within the Platform

- » Starting a Conversation: A Three Step Process for How to Talk about Mental Health
- » Reflective Listening: Helping Ensure People Feel Understood
- » Crisis Situations: What to Do if Someone is at Risk
- » Warning Signs to Watch For: How to Know When Someone is Struggling
- » Leading with Wellbeing: Building a Culture of Wellbeing at Work

To go hand in hand with these courses created specifically for managers, we offer behavioral health coaching to ensure that managers are getting the most out of the exercises. Coaches can also personalize their coaching to the manager's particular needs—whether it's working on specific habits, gaps in their experience, or management challenges.

- » View the Uprise Health library to start a manager course:
<https://app.uprisehealth.com/library>
- » View the Uprise Health coaching section to book a coaching session:
<https://app.uprisehealth.com/coaching/booking>



Resources & Events



BIPOC Mental Health Month

Observed in July, National BIPOC Mental Health Month is a nationwide effort to bring awareness to the mental health experiences within BIPOC communities. Developed by Mental Health America (and formerly called Minority Mental Health Month), this month is also intended to raise awareness for inequities, systemic barriers, and historical events that all impact the mental health of BIPOC communities today.

Percentage of BIPOC Community Living with a Mental Illness

- **17%** of African Americans
- **15%** of Latina/Latino/Hispanic Americans
- **13%** of Asian Americans
- **23%** of Native Americans and Alaskan Natives

Resources on BIPOC Mental Health:

<https://www.mhanational.org/bipoc-mental-health>

This Month's Mental Health Skill Building Webinar

Compassion Fatigue

Learn how to identify the signs of compassion fatigue in yourself and others, and what to do to take care of yourself.

Join us for a 30-minute webinar and Q&A
July 21, 2022 | 12pm PT

<https://link.uprisehealth.com/july-webinar>

This Month's Personal Advantage Webinar

Working it Out in the Workplace

It's essential to create and maintain positive relationships for your own personal and organizational success. During this webinar, we'll explore common challenges and provide you with steps for navigating them.

The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services." Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.

Future written communications may be in English only. Information in the Employee Newsletter is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. "The Guardian Life Insurance Company of America", New York, NY and Uprise Health, Irvine, California 92614". GUARDIAN® and the GUARDIAN® Logo are registered service marks of The Guardian Life Insurance Company of America® and are used with express permission. 2022-140122 (6/24).