

JUNE NEWS 2022

Empowering you with information for
your emotional and physical wellbeing

Men's Health Month

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June is Men's Health Month.

Let's work together to heighten awareness about the physical and mental health of men. Information, early detection, and an openness to talk about health can go a long way.



800.386.7055

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

Access Code: **worklife**



Common and Important Concerns for Men



Heart Disease

Heart disease is the leading cause of death among men of all ages and races. Men tend to have more lifestyle risk factors that lead to high blood pressure, which contributes to heart disease.



Suicide

Suicide is the second-highest cause of death in men aged 20 to 44 and the third-highest for boys and teens. Men die by suicide in numbers almost four times that of women, but there are many resources available to help.



Diabetes

Men are more likely to develop type 2 diabetes at a lower weight than women. Although diabetes does not commonly lead to death, it can impact quality of life and exacerbate other health conditions.



Kidney Stones

Kidney stones can be caused by a greater intake of protein and high salt, so simple lifestyle changes can reduce the risk of developing kidney stones.



Prostate Cancer

Prostate cancer is a severe disease, but is highly treatable and has a high rate of survivorship—3.1 million men in the U.S. who have been diagnosed with prostate cancer are still alive today. Awareness and screening are critical survival factors.



Read More About Men's Health

We have more information about men's health, the history of men's health month, and tips to help men live a happier, healthier life. Dive deeper by visiting:

<https://link.uprisehealth.com/mens-health>

MEN'S MENTAL HEALTH MATTERS

COMMON AND IMPORTANT CONCERNS FOR MEN

Mental health conditions impact everyone, but experiences and symptoms can differ broadly by gender.

COMMON SYMPTOMS

Anger, irritability, and aggressiveness are common symptoms of anxiety and depression in men.

STIGMA IMPACTS MEN

Men are far less likely to seek help for mental health. Men are under a lot of pressure but do not feel it is socially acceptable to seek help.

TURNING TO DRUGS

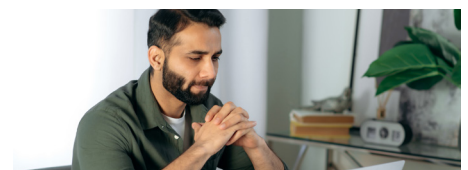
Men are two to three times more likely than women to misuse drugs—untreated mental health conditions are one reason why.

NO ONE IS IMMUNE

No one is immune to stress, anxiety, and depression. These are medical problems that can also lead to physical health concerns if left unaddressed.

HELP IS AVAILABLE

Men are reaching out more frequently to address mental health concerns. It's smart and strong to get help, and help is available!





How is Your Work-Life Balance?

WHAT IS WORK-LIFE BALANCE?

Work-life balance means a person prioritizes work and career goals the same amount they prioritize personal or family goals. It means that there is an equilibrium—a balance—where work and life are both prioritized, and one isn't significantly over-prioritized in terms of time, demands, or focus. Achieving and maintaining work-life balance in daily life is nuanced and can feel unattainable—especially right now.



HOW CAN I IMPROVE WORK-LIFE BALANCE?

An employer's position and support regarding work-life balance can significantly impact your personal ability to achieve or maintain it. Here are some recommendations to review if you are struggling with work-life balance.

Set reasonable goals: Carefully assess your roles and responsibilities and track the time you spend on tasks. If you discover you lack resources to complete your job or have more tasks than there are hours in a day, discuss your concerns with your manager or leaders who can help you set goals and priorities for your work.

Get rid of guilt and ditch perfection: Performing well and paying attention to detail are good qualities but may not be the best use of your time. Reassess your standards, make checklists to ensure your tasks are complete, and don't spend time ruminating on a problem you can't solve.

Create boundaries: Boundaries apply to both work and life. Some examples include setting a start time and end time for your workday, removing work apps and email from your phone, and strongly limiting work conversations during your time off work.

Discover more work-life balance resources: We offer many additional resources covering work-life balance on your work-life portal. Visit your member page, go to the work-life section to find out more. We have resources on goal setting, separating work from home, and more.

To continue this conversation, read our recent blog at: <https://link.uprisehealth.com/work-life>

Your EAP is here to help



WHAT TO EXPECT FROM A COACHING CALL

Within our digital mental health platform, we offer behavioral health coaching for clients and members that have a coaching package. Behavioral health coaching is intended to either be used to support the CBT-based courses in our digital library or to address issues that a member is facing (related or unrelated to topics within our digital library).

Behavioral health coaches use evidence-based techniques, motivational support, goal setting, and more within a session. Your coach will help you analyze your needs, actions, behavioral patterns, and goals to help you better understand what you're experiencing in your life and adopt better management techniques to help.

Coaching sessions

- » Will help you learn skills to cope, feel better, and manage stress
- » Last 30 minutes
- » Occur over the phone

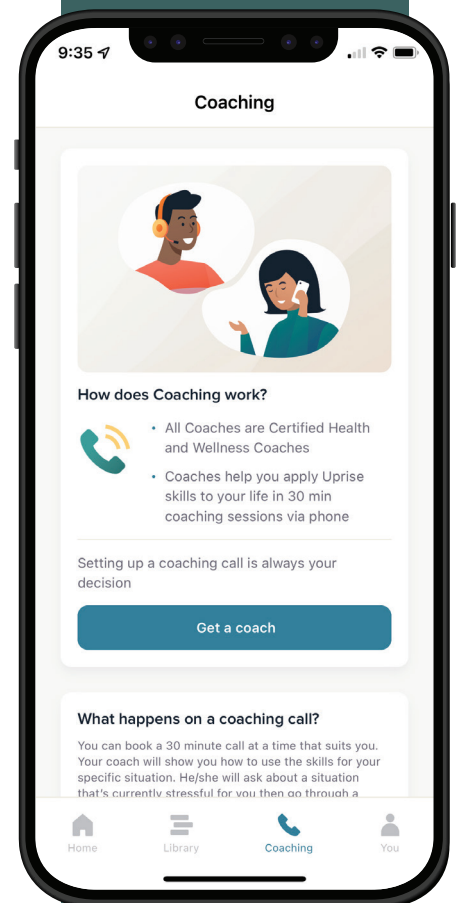
How do you book?

- » Log in to the Uprise Health platform. Visit <https://app.uprisehealth.com/> or your member page to access it.
- » Visit the coaching section of the platform.
- » Pick a coach whose profile you like and fits your needs.
- » Find a day and time that works for you.
- » Book a call all through the platform.

When you are speaking with your coach, they will introduce themselves, ask questions to get to know you, and talk through the reason you booked an appointment. The coaching session should feel personal and professional. All of the Uprise Health coaches are experienced, credentialed coaches who will tailor our program to your own situation and experiences. And remember, coaching is confidential. We have a discrete online booking system, and details of your session will remain confidential between your coach and you.

If you are unsure whether your Uprise Health program includes coaching, visit your member page. The top section summary will show you how many coaching sessions you have—if they are available.

Visit <https://app.uprisehealth.com/coaching/> and book a session call today.



Resources & Events



This Month's Mental Health Skill Building Webinar

Stress Management

Learn how to reduce the sense of pressure and stress using the 'Retraining Thinking' Skill.

Join us for a 30-minute webinar and Q&A
June 23, 2022 | 12pm PT

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

This Month's Personal Advantage Webinar

How to Talk to Your Partner About Money

In this webinar, we'll discuss why money can be such a problematic issue and offer practical strategies to have productive, connected conversations about money going forward.

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.

Men's Health Month

In the mid-1980s, medical professionals began recognizing the need for more emphasis on men's health as the number of men who died from preventable diseases increased. By 1992, the Men's Health Network began celebrating Men's Health Month in June and worked with legislators to make it official. President Clinton signed the bill establishing National Men's Health Week on May 31, 1994. As the popularity of National Men's Health Week grew, the Men's Health Network established a Wear Blue day to encourage men to seek regular checkups.