

WELLNESS EVENTS

May 2023 - Mental Health Awareness Month



Caregiver Stress and Burnout

May 3

Noon – 12:30 p.m.

To join webinar, [click here](#)

A caregiver is someone who provides care for a person who needs extra help with medical or personal needs. It is typically someone with a chronic illness, disabling condition, or is an older adult who cannot care for themselves. About 40% of caretakers felt emotionally stressed; 20% said it caused financial problems, and 20% felt physically strained. Learn the signs of burnout and that you are not powerless. We will discuss ways you can get help.

Ease your Mind: Manage your Anxiety

May 4

Noon – 12:30 p.m.

To join webinar, [click here](#)



In this seminar, we will take an in-depth look at anxiety disorders, which rank among the most common, and most serious, mental disorders in the United States. We will look at what it is, what are the risk factors, what are the symptoms, and what are some of the therapies available to treat anxiety.



BRB: The Working World Takes a Break

May 9

Noon – 12:30 p.m.

To join Calm's webinar, [click here](#)

Did you know that work is the #1 stressor in people's lives? What's more, persistent workplace stress can lead to poor performance on the job and more serious mental health conditions like depression and anxiety. In this special virtual event, you'll participate in a 10-minute mental health break for yourself with Jay Shetty. Learn actionable strategies from leading mental health experts on how you can manage stress & burnout and how workplaces can improve employee mental well-being. hear how Accenture is reshaping how organizations address mental health in the workplace.

Breaking through Burnout

May 10

Noon – 1:00 p.m.

To join webinar, [click here](#)
Earn double points!



Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. In this presentation, you will learn the signs and symptoms of burnout, the difference between stress and burnout, and find ways to take action to overcome the physical and emotional damage that burnout cause.

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Calm's 5-Day Work Smarter Challenge

May 15 - 19

To register, [click here](#)



Over a five-day period, get a daily challenge email with tailored Calm resources, which will take you 10 minutes or less to complete. By the end of the challenge, you'll feel more empowered to work smarter and build a better work-life balance.

WELLNESS EVENTS

May 2023 Continued



Chair Massages

May 16

10:00 a.m. – 2:00 p.m.

Onsite, Knowledge I

To sign up, email

humanresources@nhpri.org

Take a break from your day for a 10-minute massage. Participants will receive a seated chair massage of the neck, shoulder, and back muscles from a licensed massage therapist.

Barriers to Mental Health Treatment: An ERG Perspective

May 17

11:00 – 1:00 p.m.

Knowledge I, II, and III



Getting quality behavioral health care can be very challenging at times. Unfortunately, many disparities exist among different cultures and populations. The ERGs will be available to discuss the unique impacts on their groups and what the barriers are and how they may be addressed. Human Resources and the Behavioral Health team will also be there to provide resources and benefit information.



Pet Therapy Educational Program

May 17

11:00 – 1:00 p.m.

Outside the café under the tent

Susan Parker, Co-Owner of Dynamic Dog Training Services will be on-site, in the tented area outside the back of the building, to conduct an educational session about the various enrichment activities available to the public such as the PVD Pup program at Greene Airport (When travelers walk through the airport, they are greeted by some four-legged furry friends and Paws from the Heart: Animal assisted pet therapy programs that take place at schools, hospitals, skilled nursing and other settings) and yes she will be bringing some four legged friends with her to help with our mental health!

Work-Life Balance

May 18

12:00 – 12:30 p.m.

To join webinar, [click here](#)



Work-life balance can be defined in many ways but having work-life balance can allow the ability to stay productive and competitive at work while maintain a happy, healthy home life. Participants will have the opportunity to assess their work-life balance, identify consequences of an imbalanced lifestyle, discuss strategies to improve balance, and set next steps to establish work-life balance.

Post-Partum Mood Disorders

May 22

12:00 – 1:00 p.m.

To join presentation, [click here](#)



Join Dr. Gayle Goren, chief medical officer at Optum Healthcare, for a discussion about post-partum depression. During the presentation you will learn more about the lack of research and treatment available to women, and what an ideal treatment system should really look like. Some topics that will be covered include, but are not limited to, screening tools for detecting peri- and post-partum mood disorders; treatment interventions – including medications, ECT and therapy; substance use in the peri- and post-partum period, as well as medication during lactation and breast feeding.