

May 2023



# Health & Life

*the Eder Way*



## Make the call, take the call

Picture this. You have a question about your insurance or healthcare plan, so you call the number on the back of your insurance card. Sometimes, they will call you back to offer additional information or to ensure you got the information you needed. To benefit from this concierge service, please be sure to take the call. On the other end is someone who is ready and willing to help!

*Jeremiah Thompson*

Director of Health and Life Benefits



## Anxiety

Anxiety is on the rise. Adolescents, [Gen Z, and millennials](#) face pressures to succeed and the world, with all its problems, can be frightening. For adults, anxiety is the most common mental disorder, affecting more than [40 million in the U.S. each year](#).

Anxiety is part of our physical and psychological makeup. It can act as a warning sign to tell us when something is wrong and needs attention, but it becomes a disorder when it is overwhelming and interferes with our daily activities.



### Characteristics of unhealthy anxiety

The line between healthy and debilitating anxiety is subjective and not the same for everyone. Being tense, unable to relax, filled with dread, feeling like the world is spinning out of control, or fearing the worst may be signs of unhealthy anxiety.

### Types of anxiety disorders

Here are some of the disorders rooted in anxiety that may need treatment: ongoing generalized anxiety, panic attacks, social anxiety, phobias, obsessive-compulsive disorder, PTSD, stress eating and depression.

### How to help yourself

You may be able to reduce unhealthy anxiety by engaging in:

1. Relaxation techniques
2. Exercise
3. Entertainment

Proper time management, connecting with people you love, eliminating stimulants like caffeine, refraining from alcohol, getting enough sleep, and eating a nutritious diet may help as well.

### A new therapy

In recent decades, a new therapy has emerged with modest success by German researcher Klaus Bernhardt, detailed in his book, *The Anxiety Cure*. Simple exercises for 20-30 minutes each day create new synaptic connections, changing the neuronal structure in the brain, transforming the automatic anxiety processes into processes of ease and good feeling.

Whether it's new therapy or tried and true methods of reducing stress, if you are dealing with anxiety, address it to avoid permanent harm. Here's more on [Youth Mental Health Matters](#).

### Need help with an emotional or behavioral health issue?

[A guide to your behavior health resources](#) from Highmark Blue Cross Blue Shield will lead you to the people and programs that will help you. If you are not a member of the Eder Medical Plan, contact your health plan representative to discover available resources. Anyone can reach out to the [ADAA](#) for help and support.

Talk to your organization's benefits contact or Debbie Butcher at 847-622-3391 or [insurance@eder.org](mailto:insurance@eder.org).