April Wellness Newsletter

National Health Observance

Alcohol and substance abuse awareness

Stress awareness

April’s health observances are Alcohol and substance abuse awareness & Stress awareness. Check out the following UnitedHealthcare educational resources:

- Alcohol use disorder
- Substance use disorder
- Substance use helpline
- Living with stress

Health Tip Flier of the Month

Soothing Stress

Learning about common health topics is one way to help support your health and wellness.

Check out this month’s Health Tip Flier on Soothing Stress.

English | Spanish

Substance use disorder (drug abuse)

When you hear the phrase “substance use disorder,” you might also think of substance abuse, addiction or dependence. While each term is similar, they have some differences. You see, many who may misuse substances may not have a substance use disorder. That said, 21 million Americans are struggling with a substance use disorder in some capacity. Poor condition may not be controlling their life, but it’s a health risk, nonetheless, and may be a reason to want getting help. It’s important to understand what substance use disorder is so you can recognize it and try to get people help as soon as possible.

What is a substance use disorder?

You might be wondering what’s considered a substance. A substance is anything that has mind-altering effects. Things like alcohol, pain medications and illegal drugs. A substance use disorder is a medical condition that may affect the brain and body. Someone with a substance use disorder has to meet certain criteria in order to get a formal diagnosis. Some of these criteria may include the regular use of substances even though it might negatively impact their quality of life and fail to meet their responsibilities or poor health.

Remember, substance use disorder is a disease - not a failure of will or weakness of character. It can be serious and life-threatening. The good news? It may be treatable. In fact, many people can recover if they seek the proper counseling right away. Call the 24 hour Substance Use Helpline at 1-855-789-4885 / TTY 711 for information to help individuals and family members through substance use disorders, including referrals to local treatment facilities, support groups and community-based organizations.
Stress is defined as the body’s response to the demands of everyday living. However, stress isn’t a singular issue. There are different types of stressors, and we may experience multiple types of stresses at the same time, especially in the workplace.

Click here for the Stress in the workplace presentation. The goal of the presentation is to increase your knowledge and awareness of everyday stress. It will provide an opportunity for you to examine your personal and workplace sources of stress and review strategies that you may utilize to help cope and manage stress in your life.

Click here for the entire United at Work catalog.