



May Wellness Newsletter

National Health Observance

Mental Health Awareness Month and National Physical Fitness & Sports Month

May's health observances are Mental Health Awareness Month and National Physical Fitness & Sports Month. Check out the following UnitedHealthcare educational resources:

- [Exercise and mental health](#)
- [Understanding mental health](#)
- [6 healthy living habits](#)

6 habits for healthier living

The idea of healthy living may sound relatively simple, but maybe you're struggling with how to form healthy habits. A few nudges in the right direction, along with practical advice might help you take control of your health and your lifestyle habits. After all, it's easy to tell someone to eat more fruits and veggies or get regular exercise, but how do you put those things into action every single day?

There are so many habits — big and small — that you can do to keep your health in check and help you live a longer, happier life. Let's go over 6 healthy living habits that can help you on your way.



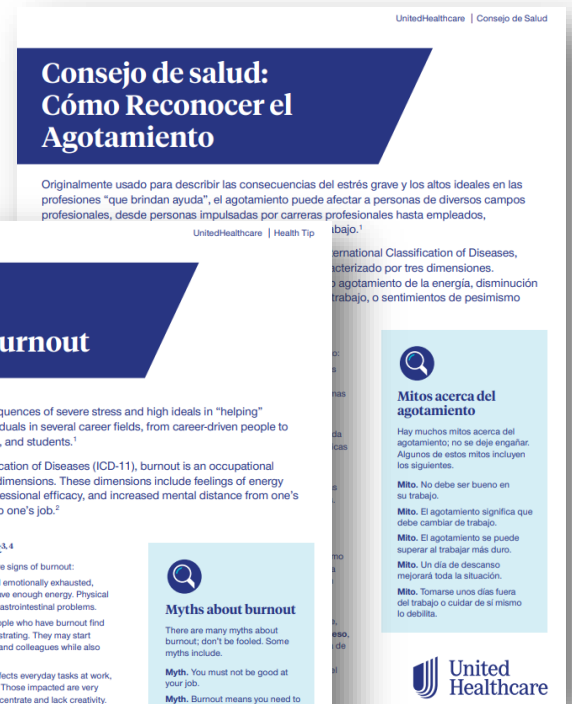
Health Tip Flier of the Month

Recognizing Burnout

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

Check out this month's Health Tip Flier on Recognizing Burnout.

[English](#) | [Spanish](#)



Consejo de salud: Cómo Reconocer el Agotamiento

Originalmente usado para describir las consecuencias del estrés grave y los altos ideales en las profesiones "que brindan ayuda", el agotamiento puede afectar a personas de diversos campos profesionales, desde personas impulsadas por carreras profesionales hasta empleados, trabajadores.

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Health tip: Recognizing Burnout

Originally used to describe the consequences of severe stress and high ideals in "helping" professions, burnout may affect individuals in several career fields, from career-driven people to overworked employees, homemakers, and students.¹

According to the International Classification of Diseases (ICD-11), burnout is an occupational phenomenon characterized by three dimensions. These dimensions include feelings of energy depletion or exhaustion, reduced professional efficacy, and increased mental distance from one's job, or feelings of negativism related to one's job.²

Signs and symptoms of burnout^{3,4}

- There are three main groups of symptoms that are signs of burnout:
- 1. Exhaustion.** Those affected feel drained and emotionally exhausted, unable to cope, tired and down, and don't have enough energy. Physical symptoms include things such as pain and gastrointestinal problems.
 - 2. Alienation from work-related activities.** People who have burnout find their jobs to be increasingly stressful and frustrating. They may start to be cynical about their working conditions and colleagues while also distancing themselves emotionally.
 - 3. Reduced performance.** Burnout typically affects everyday tasks at work, at home or when caring for family members. Those impacted are very negative about their tasks, find it hard to concentrate and lack creativity.

It is important not to confuse the signs and symptoms of burnout with those for stress or depression. Signs and symptoms that occur in both burnout and depression include feeling down, extremely exhausted and experiencing reduced performance. When seeking help, it is recommended to speak with a medical professional as self-diagnosing may lead to the wrong treatment. In contrast, burnout may be the result of unrelenting stress, but it is not the same thing as too much stress. While stress invokes **too much**, burnout is about **not enough**. Being burnt out means lack of control, lack of clear job expectations, or work-life imbalance. Most people may feel stress, but burnout develops gradually over time.

Myths about burnout

There are many myths about burnout, don't be fooled. Some myths include:

Myth. You must not be good at your job.

Myth. Burnout means you need to make a job change.

Myth. Burnout may be overcome by working harder.

Myth. One day of rest will make everything better.

Myth. Taking time away from work or investing in self-care makes you weak.

Mitos acerca del agotamiento

Hay muchos mitos acerca del agotamiento; no se deje engañar. Algunos de estos mitos incluyen los siguientes:

Mito. No debe ser bueno en su trabajo.

Mito. El agotamiento significa que debe cambiar de trabajo.

Mito. El agotamiento se puede superar al trabajar más duro.

Mito. Tomarse unos días fuera del trabajo o cuidar de sí mismo lo debilita.



United at Work Presentation of the Month

The Power of Positivity and Affirmation

[Click here](#) for The Power of Positivity and Affirmation presentation. Your attitude and outlook are a choice.

During this presentation, you will learn the importance and power of positive thinking and provide you with ways that may help to improve your mental health and emotional well-being.



Power of Positivity and Affirmation Questionnaire



Quiz & Answers - English



Quiz & Answers - Spanish



[Click here](#) for the entire United at Work catalog.

Next Month's Preview...



Health Observance

Men's Health Month
National Safety Month



Health Tip Flier of the Month

Men's Health



United at Work Presentation

Men's Health