



SEPTEMBER 2022

Benefits **BUZZ**



Anxiety & Depression: Don't go it alone

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HEALTHY PARTNERS

Resources and information beyond your healthcare provider.

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YOUR PROVIDERS

Kaiser Permanente? SIMNSA? Anthem Blue Cross Blue Shield? No worries, they've got you covered!

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IMPORTANT REMINDERS

Get a snapshot of benefits events and activities for the month of September!

CONGRATULATIONS CASTLIGHT Q2 SWEEPSTAKES WINNERS!

Mark DeGiso, Supervisor Program Finance
Amazon Gift Card

Emily Finnin, Rigging Engineer
Personal Massage Reservation

Justin Matti, Project Engineer
2nd Generation Air Pods Pro with Wireless Charging Case

Nicole Saltzman, Senior Planner/Scheduler
Water Activity for Two Reservation



Have Fun! Stay Healthy!

Sweepstakes prizes include:
Air Pods | Gift Cards | Apple Watch
Reservations for a Personal Massage/Cooking Class/
18 Holes of Golf/Water Activity for Two



<https://www.mycastlight.com/generalynamics>

Don't go it alone

No matter what you may be struggling with, help is at your fingertips.



It's not all in your head.

Anxiety and depression can be hard to handle on your own. It's important to recognize how you're feeling and know when to reach out for help. Take time this month to learn about the resources that are available to help you strengthen and maintain your mental well-being.

Three ways we support you:

1 Counselors who can help

One out of five people in the U.S. over the age of 12 have a mental health condition. While not uncommon, it can still be uncomfortable sharing your mental health concerns with someone you know.

Resolve 365 offers 24/7 access to free and confidential support. Call **(877) 254-4582** or visit **myResolve365.com** to connect with a counselor who can help.

2 Health Coach to keep you on track

When life gets hectic, it can be hard to find the time or motivation to maintain healthy habits. To be the best version of yourself, it's important to maintain self-care and healthy habits. NASSCO Health Coach, Pedro Molina, can help you start and stay on track with a personalized wellness plan that works best for you. Call **(619) 902-2041** or email **Pedro.X1.Molina@kp.org** to get started.

3 Tools to help you manage your finances

Knowing how to save and invest your money can be tricky, especially in uncertain economic times. Managing your money doesn't have to be stressful. Fidelity's Planning and Guidance Consultants will work with you to create a plan that is customized to your financial goals. Call **(866) 973-5023** or visit **gdbenefits.com** to get started.

Dial 988 for mental health emergencies.

The new National Suicide Prevention & Crisis Lifeline is staffed with professionals trained in **crisis intervention** who can provide **24/7 free and confidential support and resources**.

Did you know...

Suicide is the second leading cause of death for adolescents and young adults ages 15-24. Depression and suicidal thoughts can be managed and controlled by seeking out support. **Don't be afraid to talk about mental health**; it could save a life.

Source: aacap.org

If you do one thing in September: Visit 988lifeline.org and learn how you can help save a life.



ANXIETY – OVERCOMING FEAR AND EMBRACING RECOVERY

Anxiety includes conditions that cause worry. This can get in the way of work, school or sleep. It can disturb how you enjoy your life. Over time it can lead to other health problems. The good news is that anxiety is treatable.

Common signs of anxiety include:

- Intense worry
- Feeling tired
- Panic
- Obsession
- Nightmares
- Muscle tension
- Headaches
- Sleep problems
- Rapid heart rate
- Shortness of breath
- Chest pain
- Sweating

Facing your fears

A type of counseling called cognitive-behavioral therapy (CBT) is used to treat anxiety. CBT may be paired with medication.

Treating anxiety benefits both the person and their families. It offers ways to recognize/identify negative thoughts and actions. You can then replace them with good ones.

Other benefits include:

- CBT helps people see negative thinking patterns. For example, interviewing for a job may cause much worry. CBT teaches you how to relax in stressful times.

- Relaxation and breathing exercises, meditation or prayer are some skills taught.
- Learning to have better social and interpersonal skills. You can learn to talk about your fears without feeling embarrassed or weak.

Changes to improve your health lifestyle

Changes can also be a big help. Here are a few things that you can do.

- Get moving. Exercise is a great stress reducer. Start slowly and then do more as you are able.
- Eat well. Avoid fatty and sugary foods.
- Avoid alcohol and other sedatives.
- Use ways to relax such as meditation and yoga.
- Get enough sleep.
- Quit smoking and cut back on caffeine.

To cope with anxiety, here are some things you can do:

- Learn about it. Talk to your doctor or mental health provider. Look online, and talk to others who have the same problems. Find out all you can and what treatments are best for your illness.
- Involve your family. Asking family members you trust for help is a big part of coping.
- Join an anxiety support group. Support groups offer understanding. You may find support groups in your town. There are many groups online.
- Let it go. Don't dwell on past concerns. Change what you can and let the rest take its course.
- Stick to your treatment plan. Take medicine as directed. Keep going to all therapy meetings.



<https://myresolve365.com/>
(877) 254-4582



**“TALKING TO
SOMEONE ABOUT
YOUR STRESS AND
ANXIETY IS NOT A
SIGN OF
WEAKNESS, IT'S A
SIGN OF
STRENGTH THAT
WILL BENEFIT US
AND THOSE WE
LOVE!”**

You do not need to be enrolled in a NASSCO healthcare plan to seek coaching services with Pedro!



(619) 902-2041 | Pedro.X1.Molina@kp.org

Everyone feels blue and worries about life occasionally. This is normal. As life goes on, we are going to run into disappointments, grief, and unmet expectations in our lives that bring us down.

These feelings pass with a little time. The question is, at what point does it become depression?

Depression can cause you to feel hopeless about the future and may even cause you to think about suicide. With depression you may:

- Feel sad or irritable
- Lose interest in activities you've always enjoyed
- Withdraw from others
- Have little energy

Anxiety is a word to describe the feeling of worry, tension, or even fear. Anxiety is normal. We all worry at times about things such as money, family, or our health.

Anxiety can also come from good things such as getting married, a new job, or moving.

The curious thing about anxiety is that it mostly has to do with things that "may" happen in the future, but haven't actually happened. Worrying too much however, leads to anxiety.

The question is, at what point does anxiety become a problem? The first sign is when it does not go away and begins to interfere with your life. Some signs of anxiety:

- Worry or fear
- Having trouble focusing
- Feeling impatient and easily angered
- Headaches and muscle tension
- Trouble sleeping
- Heart beating fast

What can you do?

There is no substitution to talking to a professional, although reaching out to a trusted friend, family member, or me – your health coach – can be a first step.

The problem is that the stigma associated with opening up is still strong – especially in men. Talking to someone can be seen as a sign of weakness because men must "suck it up" or "man up" as they say.

As your health coach, I can be your first step towards your journey dealing with anxiety and depression. As a NASSCO employee, you have access to FREE wellness resources, and I can help you take advantage of them.

Call or email me today to get started!



Resolve 365 connects you with qualified experts who can help

Everything in your life affects how you feel. When you're healthier, you're happier. When you've got friends and family you can count on, you feel less lonely. And when your finances are in order, life isn't so stressful.

Resolve 365 matches you with an expert based on your unique situation. You'll get personalized guidance and helpful advice you can use right away to navigate life events and reach personal goals. All it takes is a single conversation to get things going.

Benefits Board

Thank you!

to the Poppets and the teams at Mission Valley 1 and Mission Valley 2 for participating in the NASSCO Health Coach Lunch and Learn sessions in July & August.

If you would like our Health Coach to visit your area/teams, reach out to us at benefits@nassco.com

NASSCO **SAVINGS MARKETPLACE**

<https://nassco.savings.workingadvantage.com>

Search for discounts on gym memberships, exercise equipment, meal kits, meditation, weight loss, including:

- Streaming Services
- Events and Concerts
- Travel
- Sam's Club Memberships
- Education, Enrichment and Language Learning
- Health and Wellness
- Electronics and Laptops
- Gift Cards
- Pet Supplies
- And so much more!



Fitness Challenge

Keep an eye out for the next Castlight Activity Challenge in the fall!

Annual Enrollment

Save the Dates!
November 16 to December 2



DELL **Semi-Annual Sale!**

September 8-21
Check out the offers at
www.dell.com/mpp/generaldynamics

Dell and General Dynamics have partnered together to offer employees an exclusive 10% discount on Dell products for a limited time only.

You can save on electronics and accessories with your Member Purchase Program discount. Click on the "Request Coupon Here" box on the link above to access your savings.

Start Your Mental Health Journey Right



Many of us set goals or expectations throughout the year at work or in our personal lives. However, if these expectations are unrealistic, they can potentially set us up for disappointment, depression, anxiety, addiction, or other mental health issues that can interfere with our daily lives.

kp.org/mentalhealth

Set realistic, personal goals

"The desire to be our best self is the first and honest step towards real, positive change," notes Britany Alexander, MD, psychiatrist Kaiser Permanente. Though people in your life may have ideas, it's best to stay true to yourself. Choose something that you want to tackle in your life. You'll be more likely to follow through on your commitment if it's a personal goal, not someone else's.

Make it achievable

When you decide to make a change, it can be tempting to set many aggressive goals at once, like going on a diet, exercising every day, and drinking lots of water. Dr. Alexander says to resist the urge to take on too much. People tend to become discouraged and quit quickly if they miss their mark on unreasonable targets. Instead, make small, achievable goals that set you up for success.

Take it step by step

Remember that small changes can add up to real results. "Taking too big of a leap at any point in your life could result in discouragement, and that could ultimately lead you to disappointment," says Dr. Alexander. Be kind to yourself by being realistic and focusing on progress, not perfection. If you don't make it today, show up again tomorrow. You're worth a second, third and fourth chance.

Why is Good Mental Health Important?

According to the World Health Organization, depression affects more than 300 million people in the world and more than 264 million suffer from anxiety globally.

Good mental health helps you:

- Improve your perspective towards problems and challenges
- Recover from setbacks
- Improve overall well-being and physical wellness
- Foster self-improvement to reach your potential
- Develop relationships with your partner, friends, family, etc.
- Improve productivity
- Contribute to your community

SIMNSA has highly trained professional psychologists and psychiatrists, who will guide you in an environment of respect and trust, to achieve emotional balance.



For help or more information on mental wellness, call or visit:

<https://simnsa.com/departments/wellness/>

MÉXICO

(664) 231-4747 or
01-800-827-3642

U.S.A.

(888) 661-4833

Av. Paseo Tijuana # 406-102, Zona Urbana
Rio Tijuana, 22320 Tijuana, B.C.



Communicating Your Emotions in a Healthy Way

Being able to express your emotions is important to your health and well-being. The stronger your feelings, the better it is to be able to express them. Pent-up, negative emotions can cause stress, anxiety, depression, and physical problems such as headaches and high blood pressure. That's why learning how to communicate your feelings can go a long way in improving your health.

How to talk about your feelings

Here are tips that can help you express your emotions effectively and protect your mental health:

Take time to collect your thoughts first.

Try to sort out your feelings if you are upset. Talking about them with another person may help you understand why you have strong feelings.

Choose a "safe" audience or a trusted confidante if you simply need someone to hear how you're feeling.

Take responsibility for how you react.

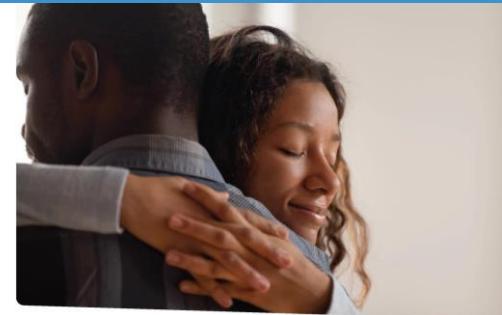
Other people have no control over your reactions even if they can control the situations.

Practice two-way communication when trying to resolve an issue.

If you're upset and trying to communicate with the other person how you feel, try to understand their perspective, too.

Speak with a counselor or mental health professional

for guidance, if needed. There are times when professional help is your best resource.



Choose your words with care

When you're sharing your feelings, do it with care because your words also affect others. Here are examples of what to avoid:

- Focusing on who's to blame
- Forcing a person to listen or share their feelings with you
- Talking about the same issues repeatedly
- Expecting others to take your side or react like you

Talking about your feelings effectively can give you relief and help you build better relationships — both of which are good for your emotional and mental well-being. To learn more about mental health, visit cdc.gov/mentalhealth.

IMPORTANT REMINDERS



SEPT. 12 KAISER ANNUAL PHYSICAL - MISSION VALLEY OFFICES

8:00 a.m. - 3:30 p.m. Mission Valley 1 Parking Lot, Kaiser Permanente Mobile Health Vehicle

To schedule your annual physical:

1. Email: Nassco@kp.org
2. Call: (619) 409-6361, 8:00 a.m. - 3:30 p.m. Wednesdays / 8:00 a.m. - 11:30 a.m. Fridays
3. Call: (619) 641-4536

Additional dates: October 10, 2022 and November 11, 2022

SEPT. 14 FIDELITY FINANCIAL WELLNESS WEBINARS

Register using your gdbenefits.com username and password.

[Click here to register.](#)

Manage Unexpected Events and Expenses

9:00 - 10:00 a.m.

Learn how to take control of your budget and understand your financial options after an unforeseen event.



Turn Your Savings into Retirement Income

1:00 - 2:00 p.m.

Learn the benefits of a retirement income plan, factors to consider when transitioning your savings into income, and ways to develop a retirement plan that suits your goals and lifestyle.

SEPT. 21 KAISER ONSITE HEALTH CLINIC MONTHLY OUTREACH

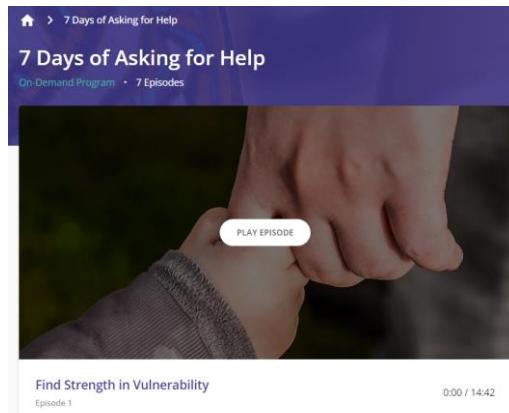
9:30 a.m. - 3:30 p.m. in front of NASSCO's Medical Department (near Gate 6)

Schedule your annual physical / Health Risk Assessment (HRA) and get assistance with kp.org registration and questions.



Kaiser Permanente On-site Clinic Team: NASSCO@kp.org or (619) 641-4536

NASSCO employees, and their spouses, enrolled in a Kaiser Permanente healthcare plan, who complete their HRA, will be eligible to receive a \$100 gift card.



eMLife On-Demand Workshops

Asking for help feels vulnerable, and it can be the hardest thing to do when you need it the most. No matter what you may be going through, know that your thoughts and feelings are valid and you are worthy of support.

If you are going through a hard time, mindfulness can help you find strength in the vulnerability to get the help you need.

Learn more with eM Life's [7 Days of Asking for Help](#) on-demand program.

