



OCTOBER  
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# Well NEWS

A Monthly Insight into Health and Wellness



## Mental Illness Awareness

Are you or someone that you know suffering from a mental illness? It may be more common than you think. One in four adults - about 60 million Americans - experience a mental health disorder every year. One in 10 adults live with a serious mental illness and about one in 10 children lives with a serious mental or emotional disorder.

Mental illnesses are medical conditions that can disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are brain-based conditions that often result in a variety of symptoms that can affect daily life.

Mental illnesses include schizophrenia, depression or bipolar disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), anxiety, borderline personality disorder and many others.

When people are diagnosed with mental illness, finding effective medical and psychiatric care is the first priority. But once such treatment begins, individuals living with mental health challenges and their families soon discover that the illness affects many aspects of their lives - and that they need more than medical help. Services to optimize recovery usually include some combination of psychological support (e.g., family involvement, work or school support, psychotherapy and self-management strategies) and medications (to reduce symptom intensity). Unfortunately, fewer than one-third of adults and one-half of children with diagnosed mental health disorders receive treatment every year.

It is imperative to make sure that anyone who thinks they have or is diagnosed with a mental illness reach out to receive care. People struggling with mental health conditions need a network of support and continuity of care to move toward the journey of recovery.

More information about Mental Illness can be found through the National Alliance on Mental Illness at [www.nami.org](http://www.nami.org) or by calling the help line at (800) 950-6264.



### Newsletter Quiz

1. Name 3 of the common mental illnesses.
2. True or False: Regular exercise saves you from the dangers of sitting too long.

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by October 31, 2014.



# Recipe

## OF THE MONTH

### Gluten Free Slow-Cooker Sweet Sesame Chicken



#### Ingredients:

- 20 oz boneless skinless chicken breast
- ½ cup finely chopped onion
- 1 tablespoon toasted sesame oil
- 2 teaspoons garlic chili sauce
- 2 tablespoons tomato paste
- 2 teaspoons grated gingerroot
- ½ cup honey
- ¼ cup gluten-free low-sodium soy sauce
- 2 teaspoons cornstarch
- Hot cooked basmati rice, if desired
- ¼ cup sliced green onions (4 medium)
- 2 teaspoons sesame seeds

#### Directions:

Spray 3 1/2- to 4-quart slow cooker with cooking spray. Place chicken in slow cooker. In medium microwave bowl, mix onion, sesame oil, garlic chili sauce, tomato paste and gingerroot. Microwave uncovered on High 4 to 5 minutes; stirring occasionally, until onions are softened. Stir in honey and soy sauce.

Pour sauce over chicken in slow cooker. Cover; cook on low heat setting 4 to 6 hours or until chicken is tender and cooked through. Dissolve cornstarch in 2 tablespoons water. Remove chicken to cutting board. Stir cornstarch mixture into sauce in slow cooker. Increase heat setting to High; cover. Cook 5 to 10 minutes or until slightly thickened.

Shred or cut chicken into bite-size pieces. When sauce is slightly thickened, return chicken to slow cooker, and stir into sauce. Serve over rice. Sprinkle with green onions and sesame seeds.

Nutrition Information- Makes 6 servings (1 serving): 260 Calories, 6g Fat, 1.5g Sat Fat, 27g Carbohydrates, 25g Sugar, 590mg Sodium, 1g Fiber, 23g Protein, 60mg Cholesterol.

## Dangers of Sitting too Long

Sitting too much has recently been called 'the new smoking'. It is bad for overall health, life expectancy, mental health, and it raises the risk for heart disease, diabetes and cancer. Sitting too long either while at work, at home watching TV or even lounging on the weekends is something that all of us are guilty of.



But why is it so dangerous and linked to so many health problems? The direct cause is unknown. One strong possibility is that sitting too long causes the muscles to burn less fat and blood to flow more sluggishly through the body.

Another danger is that in general our appetite is not affected by small bouts of exercise during the day as opposed to sitting all day. All that prolonged sitting is doing is causing us to eat more than we actually need based on our sedentary behaviors thus leading to weight gain.

For all of the people that do regularly exercise, doing so does not save them from the danger of sitting too long. They should actually be thought of as two separate behaviors that can affect overall health. So while a daily workout is great for you, it does not undo the 8 hours of sitting at your desk. Make sure to exercise regularly and keep moving during the day to optimize your overall health.

The goal should be to reduce sitting time by getting up and moving every 30 to 60 minutes. Start by simply standing rather than sitting as often as you have the chance.