Employee Wellness Toolkit | July 2025
**Premera Plan Members**

**EMAIL ARTICLE**

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**Recognizing the Link Between Mental and Physical Health**

Our mental and physical health are deeply connected. Stress, anxiety, and depression can lead to physical symptoms like headaches, fatigue, and even heart problems. Recognizing this connection is important for achieving overall health and a better quality of life.

Here are some strategies to understand and support the link between mental and physical health:

* **Acknowledge the connection.** Mental and physical health are deeply intertwined. Stress and emotional strain can weaken the immune system and worsen chronic conditions. Supporting mental well-being is a vital part of managing overall health.
* **Watch for overlapping symptoms.** Sometimes mental health issues show up as physical symptoms like stomach pain, tension, or frequent colds. Likewise, chronic pain or long-term illness can cause emotional distress. Paying attention to both physical and emotional signs allows us to get the care we need early on.
* **Build healthy routines.** Regular physical activity, balanced nutrition, and consistent sleep aren’t just good for your body, they’re also powerful tools for supporting your mental health. Movement boosts mood, eating well nourishes the brain, and sleep helps us manage emotions and recover from stress.
* **Foster self-compassion.** Allow yourself to slow down, seek support when you need it, and care for your well-being in ways that feel right for you. When you make space for rest, you may notice a positive shift in both your mental and physical health.
* **Practice mindfulness techniques.** Activities like meditation and mindful breathing support emotional balance while also easing physical symptoms such as tension, headaches, and fatigue.
* **Talk to your care team.** Whether you’re seeing a doctor, therapist, or another provider, it’s important to bring up both mental and physical concerns. Many people are surprised to learn how often the two are related and how much more effective your care is when providers understand the full picture.

By understanding the link between mental and physical health, we can take more complete care of ourselves. Supporting whole-person health approaches helps promote lasting well-being over time.

**RESOURCES FROM BHS (enter BHT in employer ID to read)**

[Finding Mental Wellness Through Regular Exercise](https://memberaccess.behavioralhealthsystems.com/pdf/newsletters/2025-06)

[Summer Break: Tips to Recharge Your Mind](https://memberaccess.behavioralhealthsystems.com/pdf/newsletters/2025-06)

**WEBINAR FROM BHT**

[Keys to Professionalism: Business Etiquette & Cultural Sensitivity in the Workplace](https://seattlemetrochamber.zoom.us/webinar/register/WN_dTzfluzNRGSCAs1yPt9OAw%22%20%5Cl%20%22/registration)

[July 16, 2025 | 11:15 AM](https://seattlemetrochamber.zoom.us/webinar/register/WN_dTzfluzNRGSCAs1yPt9OAw%22%20%5Cl%20%22/registration)

**ALWAYS THERE FOR YOU** | Your Mental & Behavioral Health Benefits

Don’t know where to start? **Call Behavioral Health Systems at 888-720-5237** to talk with a trained counselor 24/7, 7 days a week, 365 days a year.

* **Boulder:** Video visits and messaging with a therapist for treatment of opioid and alcohol use disorders. [boulder.care/getstarted](https://www.boulder.care/get-started)
* **Doctor On Demand:** Video and phone-based primary/urgent care and mental health therapy. [doctorondemand.com/premera](https://www.doctorondemand.com/premera)
* **TalkSpace:** Video and phone-based mental health therapy. [talkspace.com/premera](http://talkspace.com/premera)

**SLACK OR TEXT MESSAGE**

*Use this copy to send a group message to your team through Slack, text, or other messaging platform*

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* **Watch for overlapping symptoms.** Mental health issues can show up as physical symptoms like stomach pain, tension, or frequent colds. Likewise, chronic pain or long-term illness can cause emotional distress.
* **Build healthy routines.** Regular physical activity, balanced nutrition, and consistent sleep are great for your body and are also powerful tools for supporting mental health.
* **Foster self-compassion.** Allow yourself to slow down and seek support when you need it. Make sure to care for your well-being in ways that feel right for you.
* **Practice mindfulness techniques.** Activities like meditation and mindful breathing support emotional balance while also easing physical symptoms.
* **Talk to your care team.** Whether you’re seeing a doctor, therapist, or another provider, it’s important to bring up both mental and physical concerns.

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**Help is a phone call away.**

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