

# Special Bulletin

For professional providers

January 17, 2023

## January is Mental Wellness Month

January has been appointed as Mental Wellness Month. This is a good time for providers to educate Highmark members on mental wellness, which can be defined as “an internal resource that helps us think, feel, connect, and function; an active process that helps us to build resilience, grow, and flourish.”<sup>1</sup>

You and your patients deserve to take the time to ensure that mental health is a priority. Different behaviors that can have a positive impact on mental wellness include:

- Eating a balanced diet, exercising regularly, and getting restful sleep.
- Maintaining work/life balance.
- Meditating and practicing yoga.
- Finding positive ways to reduce stress.
- Reaching out for help before being overwhelmed.

The **Behavioral Health Toolkit For Primary Care Physicians** has been updated with new sections that will have a positive impact on mental wellness. To access the Behavioral Health Toolkit:

- Go to the **Provider Resource Center**
- Select **EDUCATION/MANUALS**
- Click **Educational Resources – Member and Provider**
- Scroll down to **Provider Tools and Resources**
- Select **Behavioral Health Toolkit for Primary Care Physicians**

### References

<sup>1</sup>McGroarty, B. (2021). [Industry Research: Defining “Mental Wellness” Vs. “Mental Health”](#). Global Wellness Institute.

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