



# HEALTH TEXAS

PRIMARY CARE DOCTORS



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## Coping with Stress

Many of us have struggled with stress and anxiety over the past year while working thru the new normal with respect to the necessary public health actions, such as social distancing, mask wearing, and not having large gatherings. While many within the community have received the vaccine we must continue to be diligent in our efforts to keep those healthy who have not yet received the vaccine. We are social creatures by nature and the pandemic has forced us to fight against our nature of being around our friends, family, and our loved one's in general.

This past year has seen an increase in mental health concerns because of the lack of socialization. The loneliness and isolation has increased stress and anxiety. According to the CDC stress can cause some of the following issues:

1. Feelings of fear, anger, sadness, worry, numbness, or frustration
2. Changes in appetite, energy, desires, and interests
3. Difficulty concentrating and making decisions
4. Difficulty sleeping or nightmares
5. Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
6. Worsening of chronic health problems
7. Worsening of mental health conditions
8. Increased use of tobacco, alcohol, and other substances

There are many ways to combat stress and anxiety and the first that is recommended during our Covid-19 time period is to walk away from any method of news information. Constantly listening to news about the pandemic can increase a persons stress and anxiety levels.

Studies are clear on the importance of good sleep. Seven and a half hours seems to be the number most studies reference for the correct amount of sleep. Go to bed the same time every night. Avoid watching the news before bed, if possible, as "bad news" may cause more stress for some people. If there is a medical reason you cannot sleep that many hours, talk with your primary care provider. If you are getting up often to urinate (nocturia), primary insomnia or if you wake with headaches, snore loudly or never feel rested after a full night's sleep (sleep apnea), your primary care doctor may be able to help.



# HealthTexas Corner

## Aetna® Behavioral Health AbleTo support Here for you when you need it

### Manage life's changes

Some life events can be overwhelming. Like having a baby. Or finding out you have diabetes or heart disease.

You may also feel emotions like:

- Worry
- Depression
- Confusion
- Anger

All of these feelings are normal. But they can make it harder for you to take control and make healthy changes.

And it's important to feel that you can control the health condition or life change, instead of it controlling you.

### Real help that fits your schedule

The AbleTo program can help you:

- Work through these normal emotions
- Understand and stick with your treatment plan
- Know the types of changes you need to make
- Feel like you are in control of your health and your life

AbleTo is part of your Aetna membership. But it's not like traditional programs. It makes it easy to get the help you need.



**Convenient eight-week program**  
with counseling and coaching by video or phone.  
Just call AbleTo at **1-844-330-3648**.

### It's easy to get started

If your claims data shows you would benefit from this program, an Aetna or AbleTo representative will call you to explain how it works and how it can help you. In most cases, there is no cost to you.\*

You'll be asked to confirm some information for privacy purposes.

Or you can let us know you're interested in participating by calling AbleTo at **1-844-330-3648**, Monday – Friday from 9 a.m. – 8 p.m. ET. You can ask questions, and an AbleTo staff member will ask you some screening questions.

You can also tell your Aetna case manager that you'd like to participate.

95%

**95%** of AbleTo graduates recommend the program to others.<sup>1</sup>

**Choose AbleTo support and get real help that fits your schedule.** Just call **1-844-330-3648** or contact your Aetna case manager.

Other resources:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



## Healthy Corner Recipe

### Overnight Chocolate Chia Seed Pudding

<https://minimalistbaker.com/overnight-chocolate-chia-seed-pudding/#wprm-recipe-container-35641>

Minimalist Baker

Prep: 3 hours 10 min, 4 Services (1/2 cup)

#### Ingredients:

- ¼ c. cacao powder or unsweetened cocoa powder
- 3-5 Tbsp maple syrup
- ½ tsp ground cinnamon (optional)
- 1 pinch sea salt
- ½ tsp vanilla extract
- 1 ½ c.. Almond Breeze Almond milk Original Unsweetened (or light coconut milk for creamier texture)
- ½ c. chia seeds



#### Directions:

1. To a small mixing bowl add cacao powder (sift first to reduce clumps), maple syrup, ground cinnamon, salt, and vanilla and whisk to combine. Then add a little dairy-free milk at a time and whisk until a paste forms. Then add remaining dairy-free milk and whisk until smooth.
2. Add chia seeds and whisk once more to combine. Then cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes.
3. Leftovers keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with desired toppings, such as fruit, granola, or coconut whipped cream.

From: Minimalistbaker.com 12/05/2018

#### Nutrition (1 of 4 servings)

Serving: 1 serving Calories: 172 Carbohydrates: 22.1g Protein: 4.7g Fat: 7.8g Saturated Fat: 0.8g Polyunsaturated Fat: 4.74g Monounsaturated Fat: 0.45g Trans Fat: 0g Cholesterol: 0 mg, Sodium: 91 mg, Potassium: 272mg, Fiber: 8.3g, Sugar: 9.2g, Vitamin A: 200 IU, Vitamin C: 0.8 mg, Calcium: 220 mg, Iron: 4.1 mg