

July, 2015

Wellness Events this Month!



Benefits Open Enrollment (June 29 – July 31)



Connecting Your Life - Your Health - Your Benefits

[Click HERE to view the 2016 Benefits Plan Rates](#)

[Click HERE to view the 2016 Benefits Highlights](#)

Employees may make changes at any time during Annual Open Enrollment period from June 29 through July 31, 2015.

TO MAKE CHANGES TO YOUR BENEFITS:

- Call ERS at 877-275-4377 or log in to your online account at ERS: www.ers.state.tx.us
- Or visit the Human Resources Office to complete an Annual Enrollment Change Form.

NOTIFY THE HUMAN RESOURCES DEPARTMENT OF YOUR BENEFITS CHANGES

To ensure the change that you make online with ERS will take effect on September 1, 2015, please notify the Benefits Office by email: LeV@tsu.edu. If you do not wish to make any changes, NO action is required on your part.

July is National Minority Mental Health Awareness Month

Information from: <http://www.nami.org/>

Know the Warning Signs

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own set of symptoms but some *common signs of mental illness in adults and adolescents* can include the following.

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)



- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance (mostly in adolescents)

Mental health conditions can also begin to develop in young children. Because they’re still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. *Symptoms in children may include:*

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums



Someone to Talk To



The Employee Assistance Program (EAP) is a great resource for all University employees. They offer free and confidential counseling and life advice 24 hours a day 7 days a week. Whether you need help finding affordable day care, or you need someone to help you cope with stress, the EAP can help. **713-500-3327 or 1-800-346-3549.**



Join us for a Lunch and Learn: Find out about getting a **FREE** 3D mammogram and bone density scan on campus.

Lunch and Learn Dates:

- July 15th at 12pm - *FULL*
- July 22 at 12pm – *SPACE AVAILABLE*

*RSVP to Libby Mondello at lmondello@coviahealth.org (832-603-7498)

*****Lunch and Learn attendees will be entered in to win a prize*****



Early detection saves



Wellness Champion of the Month!

Danielle Taylor, Department of Student Health Services



My gratification comes from helping others. Seeing the personal success of those I lend help to is the biggest motivating factor. Their triumphs are my triumphs. I have -Dalso learned true self love, and in this discovery *I now know the significance of putting your well-being first.* This is one of the many lessons I have learned as a member of the Student Health Center team. *Patience, Professionalism, Perseverance, and Compassion* are just a few attributes. I am a better professional and person because of our continuous journey to improve our student body. As a Wellness Champion you have to take the initiative and as a leader and you have to uplift your fellow Champions. So join the Champions and I as we, "Move and Motivate" each other!