

# Healthy Living Newsletter

A MedWatch publication to keep you healthy and informed.

## April is Counseling Awareness Month

### Nutrition Corner

#### Reasons to LOVE Ghee!

##### The Benefits of Daily Use

Ghee, a variation of clarified butter, originated in India and is a mainstay in traditional Indian cooking. But unlike butter, ghee is ideal for high cooking temperatures, more resistant to spoilage and has a delicious nutty flavor. Also there are numerous health benefits you can enjoy from cooking with ghee.

- All-natural.** Ghee has no preservatives, trans fats, or unhealthy additives, and is shelf-stable for up to a year without refrigeration.
- Reduces exposure to cancer-causing agents.** At high temperatures, most oils break down into free radicals. Free radicals in the body can cause cell damage and lead to cancer.
- A rich source of antioxidants.** Antioxidants act as "scavengers" and neutralize free radicals in the body to help prevent cell and tissue damage that can cause disease. Ghee contains vitamin E, a very powerful antioxidant.
- Ghee contains cancer fighting CLA.** CLA, or Conjugated Linoleic Acid, is significantly higher in butter made from milk derived from grass-fed cows. CLA is an important factor in fighting diseases and helps the body store muscle instead of fat.
- Moisturizes dry skin and hair.** Ghee is used by many women in countries such as India as a topical moisturizer to relieve dry complexions. It also fights dryness and encourages the growth of thick, lustrous hair.
- Anti-inflammatory properties.** Ghee has large quantities of butyrate, a fatty acid that has been linked to an immune system response that soothes inflammation and has been regularly used to treat burns and swelling in the Hindu culture.
- Heart-healthy fats.** While ghee is high in fat, it's also high in monounsaturated Omega-3s, just like in salmon that have been discovered to promote a healthy heart and cardiovascular system.
- An alternative for dairy allergies.** Ghee is formed by removing milk solids and contains only trace amounts of milk sugars (lactose) and proteins (casein), making it suitable for most people with dairy allergies.
- Ghee is a nutritional powerhouse.** Ghee contains large amounts of fat-soluble vitamins A, D, E and K. These nutrients are essential to a wide range of body functions from the brain to the immune system.

(source: <https://www.ecpi.edu/blog/culinary-nutrition-9-health-benefits-ghee/>)

### The Many Faces of Counseling

April is **Counseling Awareness Month**. Established as an annual event by the American Counseling Association (ACA) in 2002 in order to increase the awareness of the value of the counseling profession and celebrate the field's accomplishments. Consider the many types of counselors there are and you can begin to understand their great value to individuals and society in general. Here are just a few:

**Child and Adolescent Counselors** help youth with difficult life changes and stressors related to school, family and peer relationships, as well as their social environments.

**School Guidance Counselors** help prepare students for academic, career and social challenges by relating educational options to their success in the future. Counselors also encourage students to have meaningful / relevant talks with their parents or guardians.

**College Counselors** work with students to provide support for academic, interpersonal, or mental health related issues, helping to promote a safe and welcoming campus.

**Career Counselors** help students, job seekers, and working professionals wishing to improve their skills or identify factors or barriers impacting their career development.

**Mental Health Counselors** provide therapeutic services to clients dealing with an array of emotional and behavioral health issues, including anxiety, depression, relationship concerns, low self-esteem, and stress.

**Grief Counselors** help those trying to cope with profound loss, such as death, terminal illnesses, divorces, and other personal bereavements. Counselors specializing in grief may support their clients by facilitating grief therapy groups bringing together individuals coping with loss and creating a sense of togetherness.

**Military Counselors** provide emotional and psychosocial support for active military personnel, veterans, and their families. Counselors work with military personnel and their families providing therapeutic services for a wide range of concerns, including transition back into civilian life.

**Pastoral Counselors** combine theological education and training with counseling to help clients with a variety of issues. Pastoral counselors provide spiritual guidance to their clients and may also work with individuals facing end-of-life issues.

**Rehabilitation Counselors** assist individuals with developmental, physical, mental, or emotional disabilities to lead fulfilling and successful lives by identifying problematic behaviors or obstacles while finding and implementing proactive solutions.

**Substance Abuse Counselors** support individuals seeking treatment and recovery for drug or alcohol addiction. Substance abuse counselors form a trusting alliance with their clients to promote strength and hope for change while working closely with a multidisciplinary team to develop a comprehensive relapse prevention plan.

(source: <https://www.counseling.org/events/counseling-awareness-month/>)

Your MedWatch Total Lifestyle Coach can provide additional information & resources to help improve and maintain your health.  
Call: (800) 386-5475

Most Americans are open to counseling - unofficial survey 2018

### Have you ever seen a counselor or therapist?



## Could Therapy be Right for YOU?

If you experience any of the emotions or feelings listed below to the extent that they interfere with your life, therapy may help you reduce their effects:

- \* You are losing interest in usual activities.
- \* Your problem causes significant distress in your life.
- \* You have a feeling of hopelessness or apathy.
- \* Nothing you've done seems to have helped.
- \* Your friends (or family) are tired of listening to you.
- \* You start overusing or abusing something (or someone) to try and help alleviate your symptoms.
- \* People have noticed and said something to you.

It may sound obvious, but research has shown that **the sooner you seek treatment, the faster you'll feel better.**

Take care not to let problems overwhelm you before getting help.

(source: <https://www.goodtherapy.org/>)

For additional information you may want to discuss with your physician and talk with your MedWatch Total Lifestyle Coach at (800) 386-5475.

If your benefit Plan offers an EAP - Employee Assistance Program - most provide access to counseling at no cost to you. Check with your HR Department for more information.

For past Healthy Living Newsletters: <https://www.urmedwatch.com/home/Content/news-health-links.aspx>

## Counseling is a process that can assist you with:

- \* Clarifying a problem
- \* Coping with depression
- \* Developing increased confidence
- \* Exploring opportunities for change
- \* Improving personal skills
- \* Learning to make better decisions
- \* Managing anxiety



Some common counseling concerns include relationship difficulties with friends, room-mates or family members; depression, stress, or anxiety; adjustment to college life; difficulty concentrating or studying; alcohol or drug use; eating concerns; sexual concerns; a variety of other issues or anything that you may want to discuss.



## DID YOU KNOW?

### Counseling Myths and Facts

Many people are afraid to seek counseling, even though they could benefit from it. Counseling can help with multiple areas of life, including parenting, breakups, grief, financial stress, wellness goals, work-life balance, and many more. Misconceptions perpetuate the myth that counseling is scary. The following facts will demonstrate that counseling is for everyone and counselors are here to help.

**MYTH:** Seeking counseling is a sign of weakness.  
**FACT:** Seeking counseling is a way to proactively manage your problems. If you have problems that impair your ability to function day to day, a counselor can teach you skills to handle difficult times.

**MYTH:** If you go to counseling, everyone will know and judge you negatively.  
**FACT:** Going into counseling shows that you are willing to learn about yourself and ways to improve your life. It takes strength to call a counselor to make an appointment. They do not judge their clients — counselors welcome you.

**MYTH:** Counseling is only for people with serious emotional problems.  
**FACT:** Counseling is like seeing a doctor — you don't go to a doctor only if you have a heart attack. Counselors help people work through everyday problems like relationship issues, sadness, grief, and career transitions.

**MYTH:** Men aren't in touch with their feelings and will not benefit from counseling.  
**FACT:** Both men and women can benefit from counseling. While it is true that women seek counseling more often than men, the number of men seeking services has increased over recent years, suggesting that men are becoming more open to counseling.

**MYTH:** Mental health issues are not real problems and counselors are not reputable doctors.  
**FACT:** Mental health counselors hold advanced graduate degrees and study for years under the supervision of an experienced counselor. After graduating, counselors receive thousands of hours of supervised practice before becoming licensed and treating clients on their own.

**MYTH:** Counseling is a quick fix for all your problems.  
**FACT:** There are no quick fixes when it comes to mental health. Strengthening your brain through counseling is like strengthening your body through exercise. It takes time, practice, patience, and persistence. Making a commitment to yourself to enter counseling is a way to learn about yourself and your worldviews.

Source: <https://counseling.northwestern.edu/blog/counseling-awareness-month-myths-and-facts-of-counseling/>

If you are in crisis, please call 911 or the National Suicide Prevention Lifeline at 1-800-273-8255



## April is Counseling Awareness Month

### Reasons Why Counseling Is So Important

- **Counselors have unbiased opinions.** They won't try to be sympathetic of their feelings and make your feelings seem invalid.
- **They allow you to talk without waiting for their turn.** Many times friends trying to help us with our problems are waiting to get their opinion in. Professional counselors want you to get whatever you are feeling out on the table.
- **They bring validity to what you are feeling.** Even though our feelings may not always be rational, counselors respect your view and state of mind.
- **It feels good to tell someone.** Keeping everything to yourself is not healthy. Although you may have people you tell everything to, counselors are professionals and know how to discuss things in a constructive, comforting way.
- **You cannot do it all on your own.** Just as you wouldn't judge someone who just had surgery for going to physical therapy, someone suffering from depression, anxiety, or other mental illnesses should not be judged for seeking counseling.
- **Counselors care.** Counselors went to college and dedicated their time and life to this profession. They want to help strangers because they genuinely care about the wellbeing of people.
- **They can give you answers.** Counselors explain why you're feeling certain ways. They can help you take the steps you need to improve yourself.
- **Because who cares what anyone thinks?** If you have people in your life that are judging you for going to counseling, cut them out of your life. You do not need that type of negativity and bad stigmas associated with something used to help people.

Source: <https://www.theodysseyonline.com/8-reasons-why-counseling-important>



Your MedWatch Total Lifestyle Coach (TLC) is your personal 'health advocate'.

Call (800) 386-5475 for more information about this newsletter topic and for additional tools and resources to help you improve and maintain your health.