

What is the Mind-Body Connection?

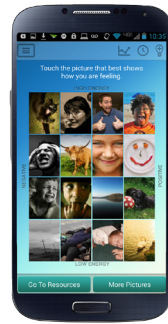
Our health and the way we feel have a direct impact on our thinking. Similarly, our thoughts affect the way we feel. If you are experiencing physical challenges, you may find your emotional health suffers as well. Sometimes, long periods of stress, anxiety or depression can make you more prone to getting ill.

Learn more about the mind-body connection and your emotional health with our interactive online tools. Discover new insights into your particular situation and ways to find support, if needed.

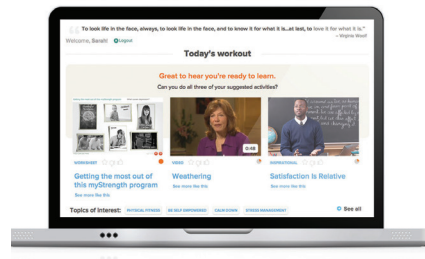
HillPhysicians.com/EmotionalWellness

These guidelines can help you have a more informed discussion with your doctor, but they are not a substitute for personalized care by a professional. If you are experiencing harmful or suicidal thoughts, please call 911.

What Can I Do on a Daily Basis to Feel Better?



Finding ways to increase your emotional wellness can seem overwhelming, but it doesn't have to be. The personalized eLearning programs available through MyStrength are tailored to the profile you create. You'll find empowering self-care and wellness tools for the whole person — mind, body, spirit — available in a personalized and confidential way. With tailored wellness resources, such as videos, quotes and articles, you'll find simple tools, weekly exercises and daily inspirations based on your preferences. These resources help you build healthy habits, one day at a time.



No log-in is required for most resources. Find your personalized path to wellness by visiting HillPhysicians.com/EmotionalWellness.

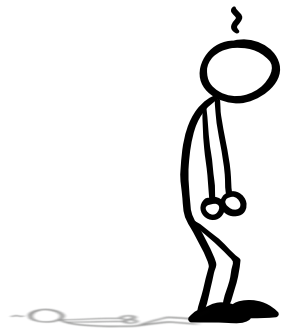


Finding Your Way to Emotional Wellness



Let's Break Down Some Misconceptions About Mental Health

One in four people will need some type of help for emotional health during their lives. Sadly, many will not get the help they need. Perhaps you or someone close to you could use a little help right now, but is holding back because of negative thoughts such as:



- "I'm not crazy. I'm just on my last nerve."*
- "People may think I'm weak."*
- "What will my family and friends think?"*
- "I've tried talking to people. They just don't get it and don't care."*
- "With my schedule, I can't get to appointments."*
- "I can't afford it."*
- "In my family and community, you don't express frustration or anger."*
- "I'm too tired to try."*

At Hill Physicians, we know there is a strong connection between physical and emotional wellness. If you've experienced feelings of frustration, anger, worthlessness, sadness or critical self-talk, you may also be experiencing such physical symptoms as backaches, headaches, memory loss, profound fatigue, insomnia or nausea. Emotions can even release hormones that raise your blood sugar and triglycerides, raising the health risks associated with diabetes and high blood pressure.

Isn't It Time to Take Care of Yourself?

We're pleased to introduce our online Mental Health & Emotional Wellness Health Center. Here you can learn more about the mind-body connection, assess your own feelings, watch advice videos from experts, participate in online social communities or reach out to a behavioral health provider. Hill Physicians offers you:

- Privacy and confidentiality**
- Easy access**
- No-cost services**
- Tools personalized to your specific needs**
- Help without embarrassment**

What's On Your Mind?

Many people think about consulting their doctor only for physical ailments, and are unsure how to start a conversation that might lead to feeling better emotionally. Our online tools can help you explore the following questions:

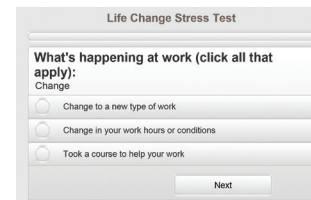


How Do I Forgive?

Anger can be damaging to your health, whether it is anger at someone else or anger you feel with yourself over a perceived weakness or failure. Over time, these strong feelings of resentment can lead to isolation or depression. Forgiveness may be the way forward, and our videos can help you get started.

What's My Stress Level?

Could stress be causing some of your physical and emotional symptoms? Our interactive tools can help you gauge your level of stress, which can help you choose what additional steps you might want to take. Of course, as a Hill member, you also receive discounts on massage therapy and yoga classes with certified professionals.



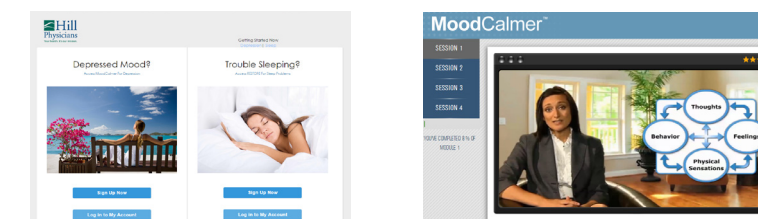
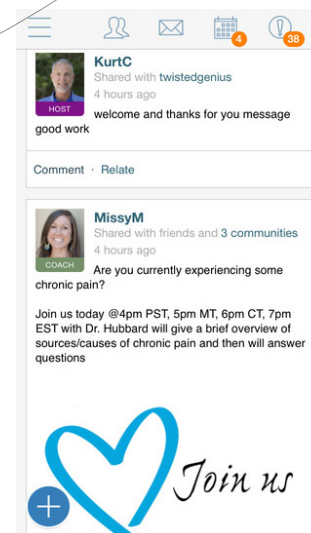
Am I Depressed?

Depression can affect men and women differently, and it can produce a variety of physical symptoms. You may experience sleep difficulties or frequent fatigue, feel agitated, find common physical activity exhausting, find it hard to focus or experience body aches and pains. Depression is more common than many people realize, and our assessment tools can help you determine whether you or a loved one may be depressed. If so, help is available.



How Can I Tackle Sleep Problems and Depression?

An online interactive program for insomnia and sleep problems is available from CareConnect*. In six short sessions, you'll learn techniques that help you fall asleep faster and get a good night's rest. If depression is dragging you down, CareConnect's four-session online depression program will show you how to get control of negative thinking, feelings and behaviors so you can focus on the things that bring you joy.



* CareConnect services are available through April 30, 2015.

