



# NuVantage<sup>SM</sup>

## Employee Resource

*Your free and confidential resource for work-life wellness*

News from NuVantage

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### What Can Exercise Do For You?

Exercise is beneficial for both physical and mental health. Even modest exercise three days a week can decrease risk of anxiety and depression, improve quality of sleep and help improve critical thinking and decision making skills.

Exercise increases the production of chemicals such as serotonin, dopamine, and norepinephrine which act as natural anti-depressants by:

- Improving cell connections and promoting growth of damaged neurons
- Enhancing body and mind relaxation, leading to better sleep
- Boosting overall mood and energy, leading to a positive outlook
- Increasing self-esteem and sense of well-being, leading to a decrease in negative thoughts

These brain chemicals along with growth factor chemicals also help to relieve anxiety symptoms by:

- Relaxing muscle tension
- Decreasing physical stress responses including elevated heart rate and shallow breathing
- Creating a distraction from negative thoughts
- Altering blood flow from brain areas that trigger a continual cycle of stressful thoughts

As you begin to see the physical changes in your body with regular exercise, you will also feel the mental and emotional changes as well. Visit the NuVantage Wellness Portal to find tips on how to incorporate exercise into your daily routine.

Sometimes the symptoms of depression and anxiety may feel overwhelming and be difficult to overcome with self-care techniques, such as exercising. That is when it is helpful to meet with a mental health professional. NuVantage can connect you with a provider in your community to help you work through more persistent and difficult symptoms.

### You Can Help!

Are you worried about the actions of a co-worker, friend, or loved one? It can be difficult to address these concerns directly. Talking to a counselor can help you find ways to start the conversation. Contact us today to get connected with a professional counselor in your area.

**800.577.4727**  
[www.NuVantage.org](http://www.NuVantage.org)



**Lutheran  
Social Service**  
of Minnesota

Provides NuVantage Employee Resource as a service



## Communication is Key

All interactions depend on effective communication.

This is true at home and work. Our own unique perceptions and thought patterns impact how we articulate our messages and how we hear messages from others. If communication is based on unhealthy assumptions, interactions can be difficult and strain relationships. This can lead to negative mental health outcomes, including depression, anxiety, and decreased sense of well-being.

Understanding unhealthy thought patterns can help you be aware of how you send and hear messages. These can include:

- **Blaming** – Holding others responsible in all situations
- **Personalization** – Believing that other people’s behaviors are always related to you
- **Self-Comparison** – Measuring yourself against others to determine your value
- **Mind-Reading** – Feeling that you know other people’s motivations for behaviors
- **Need to Be Right** – Needing to prove that your thoughts are the correct ones
- **Catastrophizing** – Imagining that the worst possible outcome is the most likely one
- **Filtering and Magnifying** – Filtering out the positive and magnifying the negative

If you are experiencing difficulty in any relationship, take a look at the communication pattern. Whether you want help recognizing where you may be struggling in communication or identifying ways to overcome negative thought patterns, NuVantage can help you.



Visit the NuVantage Wellness Portal to find strategies to improve communication with others. Contact us to find a provider in your community.

800.577.4727 or [nuvantage@lssmn.org](mailto:nuvantage@lssmn.org)

[WWW.NUVANTAGE.ORG](http://WWW.NUVANTAGE.ORG)  
password: wellness

## Autumn Ever Remind You of Aging?

Whether you need to review your investment / retirement portfolio, create a living will, find assistance for aging loved ones, or come to terms with a new chapter in life, NuVantage is here to help you with Legal, Financial, Eldercare, and Behavioral Health assistance.

**“Chat with Us!”**  
[www.NuVantage.org](http://www.NuVantage.org)