

JUNE 2022



RECOGNIZING POSTPARTUM DEPRESSION

Having a baby is often associated with a lot of positive emotions – joy, relief, and excitement for the future. Sometimes, however, becoming a parent can also be associated with a lot of negative emotions and physical feelings.

Caring for an infant around the clock is quite an adjustment, and some feelings of exhaustion and being overwhelmed are natural. Often these feelings clear up quickly. However, if these feelings stick around or worsen, postpartum depression may be involved.

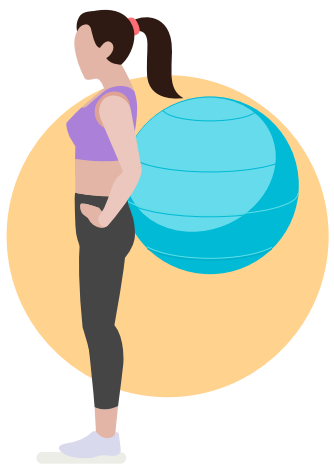
Postpartum depression is a blanket term for a host of feelings someone may suffer after giving birth or completing the adoption process, including anxiety, extreme fatigue, irritability, lack of interest in the baby, mood swings, and lack of hope. There are many potential medical factors that cause PPD. It does not occur because a new parent has done anything wrong.

If these symptoms persist beyond two weeks, worsen, or severely interfere with regular life activities, talk to your doctor about finding help.

BOUNCING ALONG

Bob into some new movements with an exercise ball. There are simple exercises you can do with them at the gym, at home, or even at work to help your posture and make lifting heavy items easier and safer.

Use an exercise ball in place of a chair. Its instability means you will have to activate your abdominal muscles and your low back in order to stay upright. Focus on keeping your spine straight. For an advanced move, use the balls of your feet to bounce slightly up and down.



Try wall squats. Place the ball at the small of your back between your spine and the wall. Stand with your feet about shoulder-width apart and then squat downward before standing back up. If your knees extend over your toes, you're squatting too deeply.

You can also do abdominal crunches. Sit centered on the ball with your feet steady on the ground in front of you. Tighten your abs and lean back as far as you comfortably can.

Stay there for 3 or 4 seconds before steadily bringing yourself back to a seated position. Repeat until those muscles feel fatigued.



If you are having thoughts about hurting yourself or someone else, call 911. You can also contact the National Suicide Prevention Lifeline (Lifeline) at 1-800-273-TALK (8255) or text HELLO to 741741.

BENEFIT SPOTLIGHT

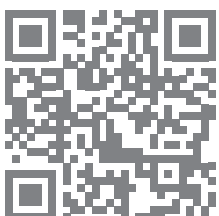


TRAVELING HEALTH

Everyone likes to think of vacation as a break from everything – work, regular life, responsibilities – but sometimes things happen, and you or a family member get sick. So, be prepared. Before your next vacation, look into your medical insurance's telehealth options. The beauty of telemedicine is that you don't need to sit in a physical waiting room or pay high costs for an urgent care visit. As long as you have a suitable electronic device, you can take advantage of telehealth from almost anywhere.

A telemedicine visit generally has a lower-cost copay or coinsurance amount than an in-person visit. Many telehealth providers have physicians available 24/7, so it doesn't matter what time zone you're in or what time of day it is. Some physicians can even write scripts that can be filled at a pharmacy near you. Bonus: If you're in physical discomfort, you don't have to pile into a rental car or onto public transportation to see a doctor.

Every telemedicine provider is a little different and operates under different rules. Some can provide help internationally, but others can only operate in the United States. Make sure you check with your telehealth provider before traveling to see what services they provide while you're away.



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