

*neap.*

Everyone deserves a little couch-time.



## Finding the Link Between Physical and Mental Health

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## Education:

Masters in Education, School Counseling, Lamar University

Masters in Special Education, Deaf Education, Texas Tech University

Bachelor of Arts, Speech Communication, University of South Florida

## Certifications & Experience

Licensed Professional Counselor

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Teacher (General Education, Special Education and Deaf and Hard of Hearing)



# Finding the Link Between Physical and Mental Health

## Agenda:

- Learn symptoms of depression and anxiety
- Learn the impact mental health disorders have on physical health
- Learn the benefits physical exercise has on mental health
- Learn additional treatment options for mental health needs
- Tips for getting motivated to incorporate physical activity into your routine



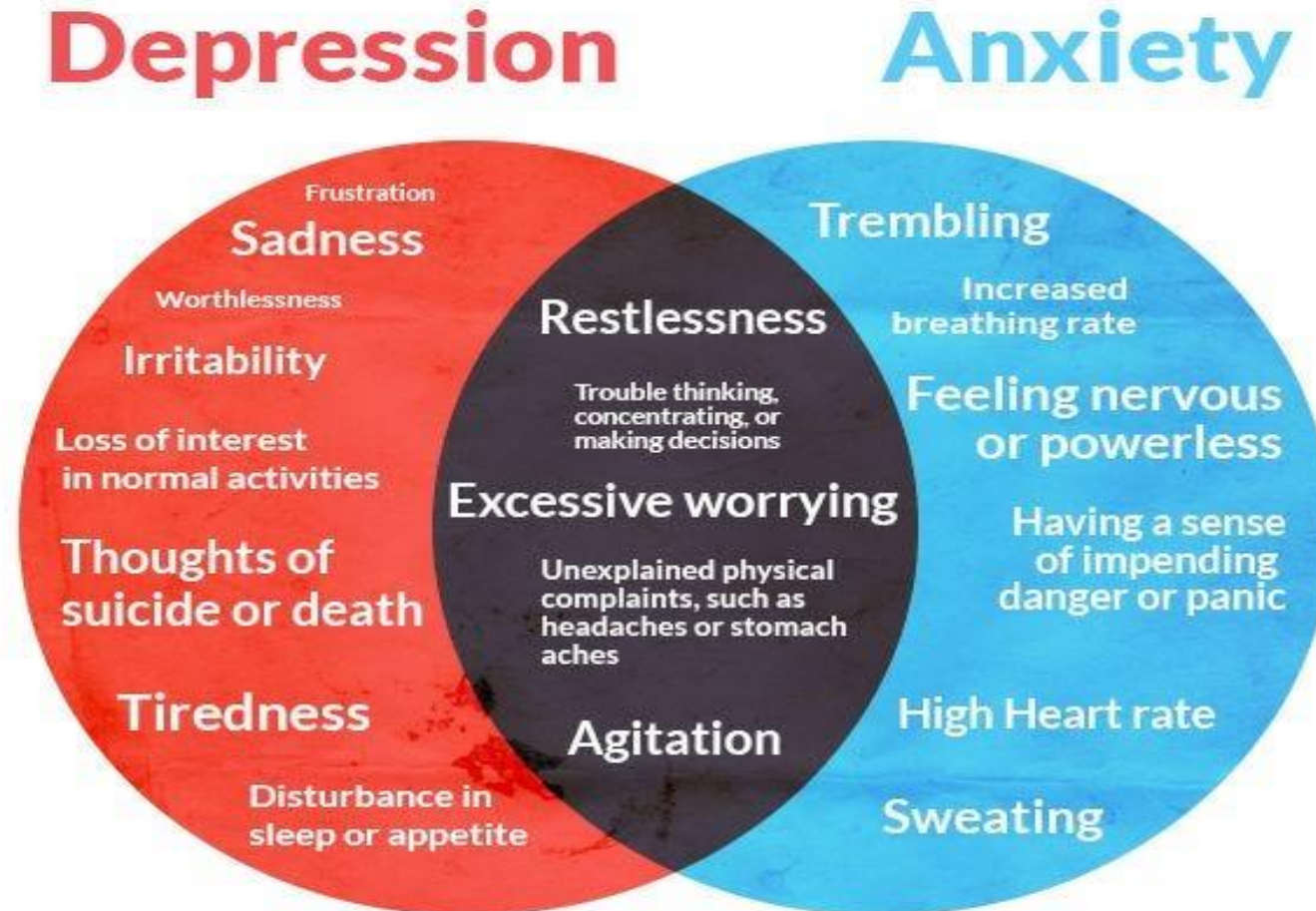
# Mental Disorders

## According to the World Health Organization, in 2019:

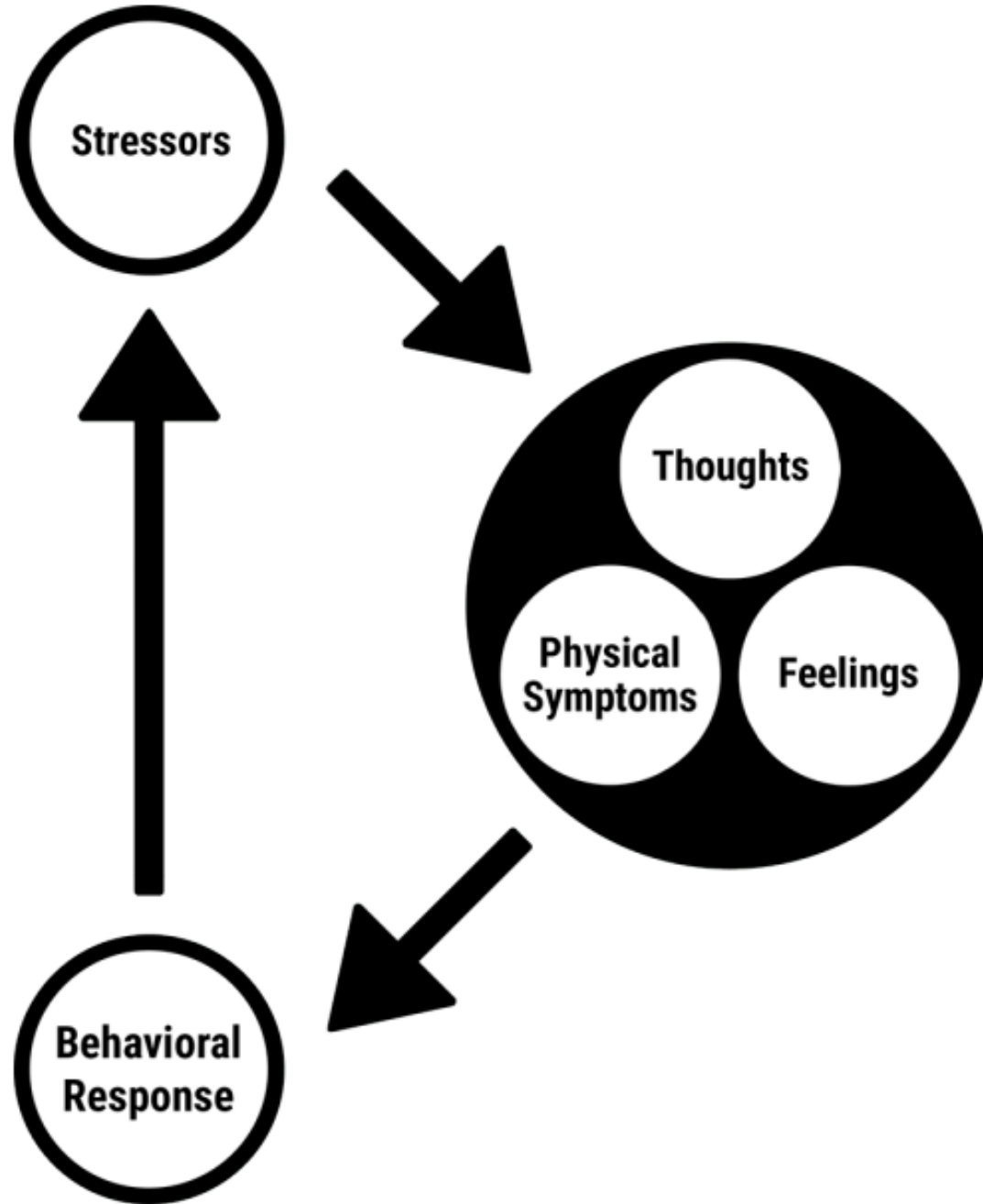
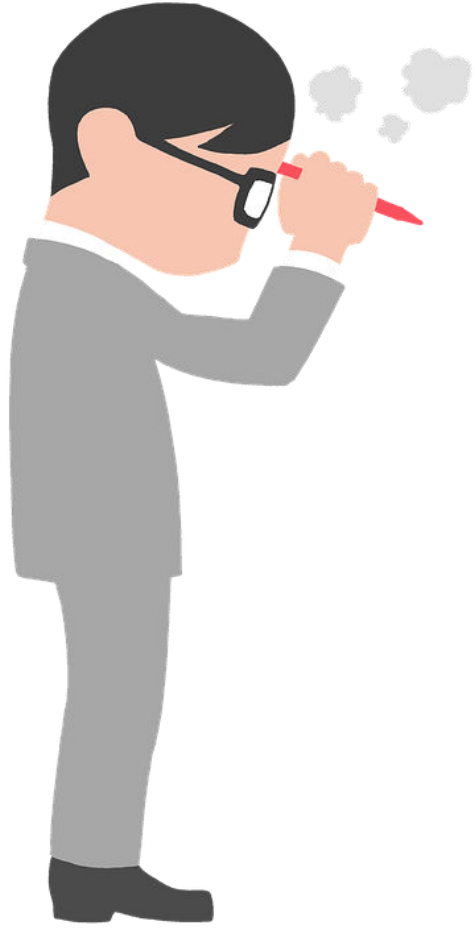
- 1 in every 8 people or 970 million people around the world were living with a mental disorder, with anxiety and depressive disorders as the most common
- In 2020, the number of people living with anxiety and depressive disorders increased significantly because of the COVID-19 pandemic



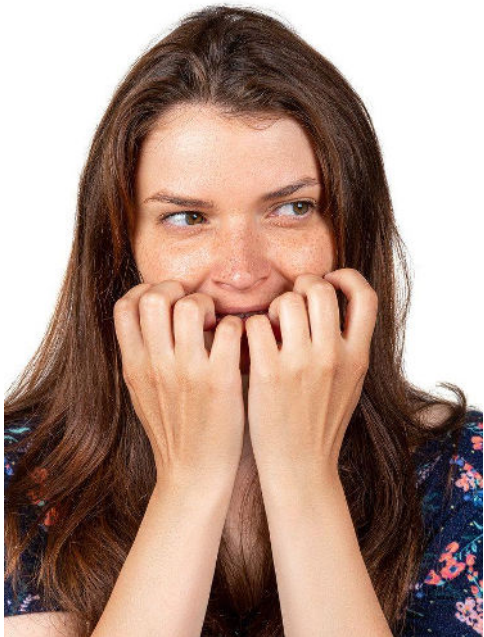
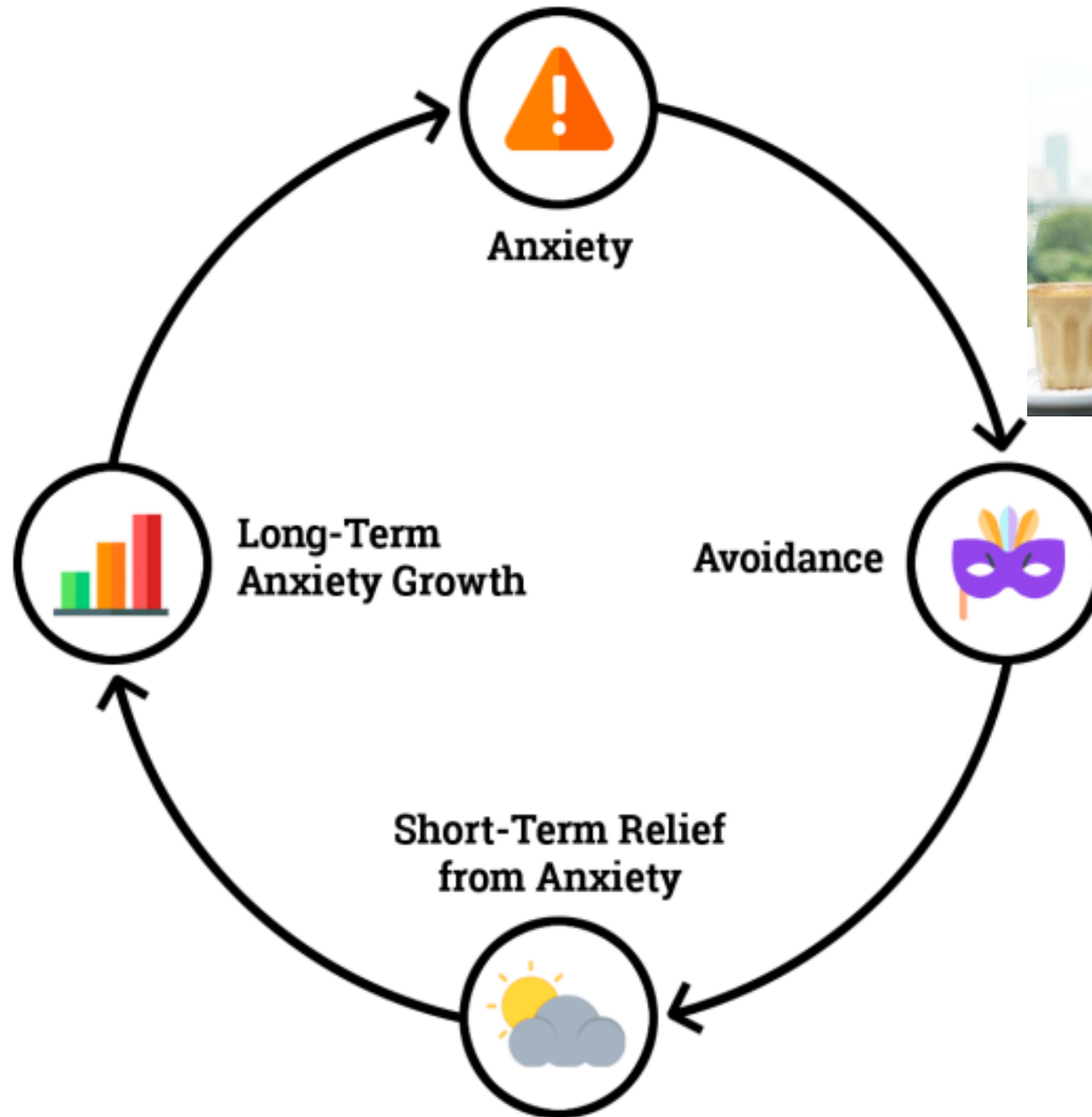
# Symptoms for Depression and Anxiety







# The Cycle Of Anxiety







# Impact of Depression and Anxiety on Physical Health

- Weakened Immune System
- Chronic Pain
- Sleep Disorders
- Increased Risk of Heart Disease
- Weight Changes
- Digestive Issues
- Respiratory Problems
- Muscle Tension

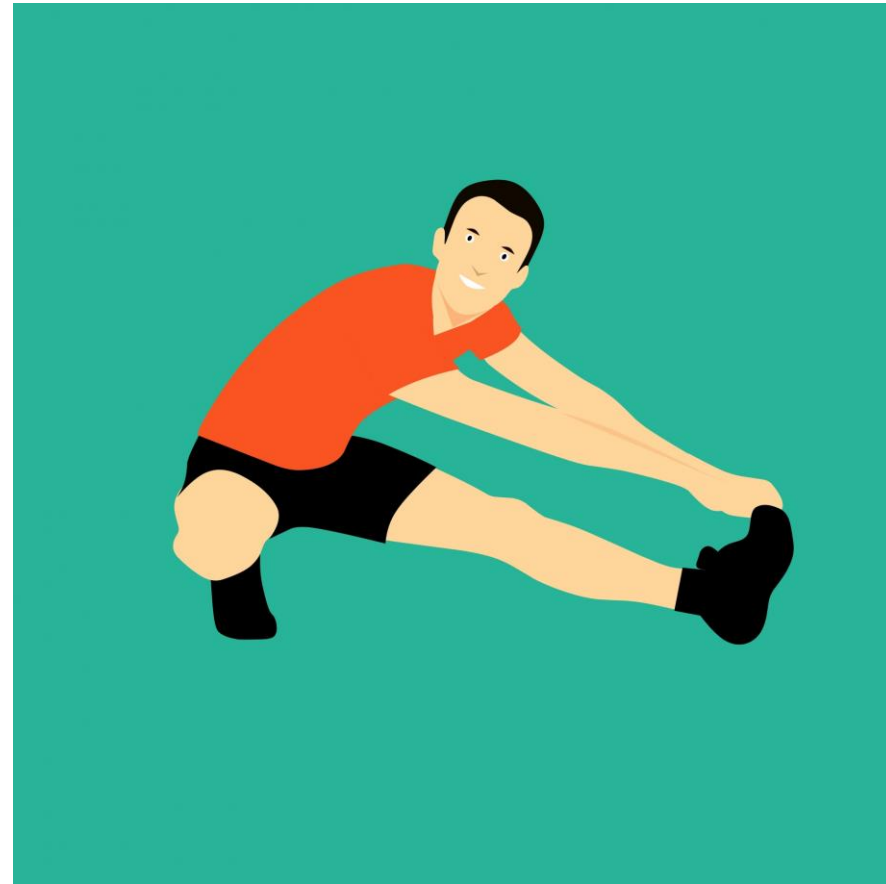


# Poll Question



# Benefits Physical Exercise Has On Mental Health

- Mood
- Sleep
- Coping
- Self-Esteem
- Distraction
- Energy
- Emotional Outlet
- Relaxation
- Health
- Brain Chemicals



# Poll Question





# Treatment Options for Mental Health Disorders

- Primary Care Physician
- Mental Health Professional
- Support Groups
- Peer Support
- Stay Active
- Sleep
- Healthy Eating

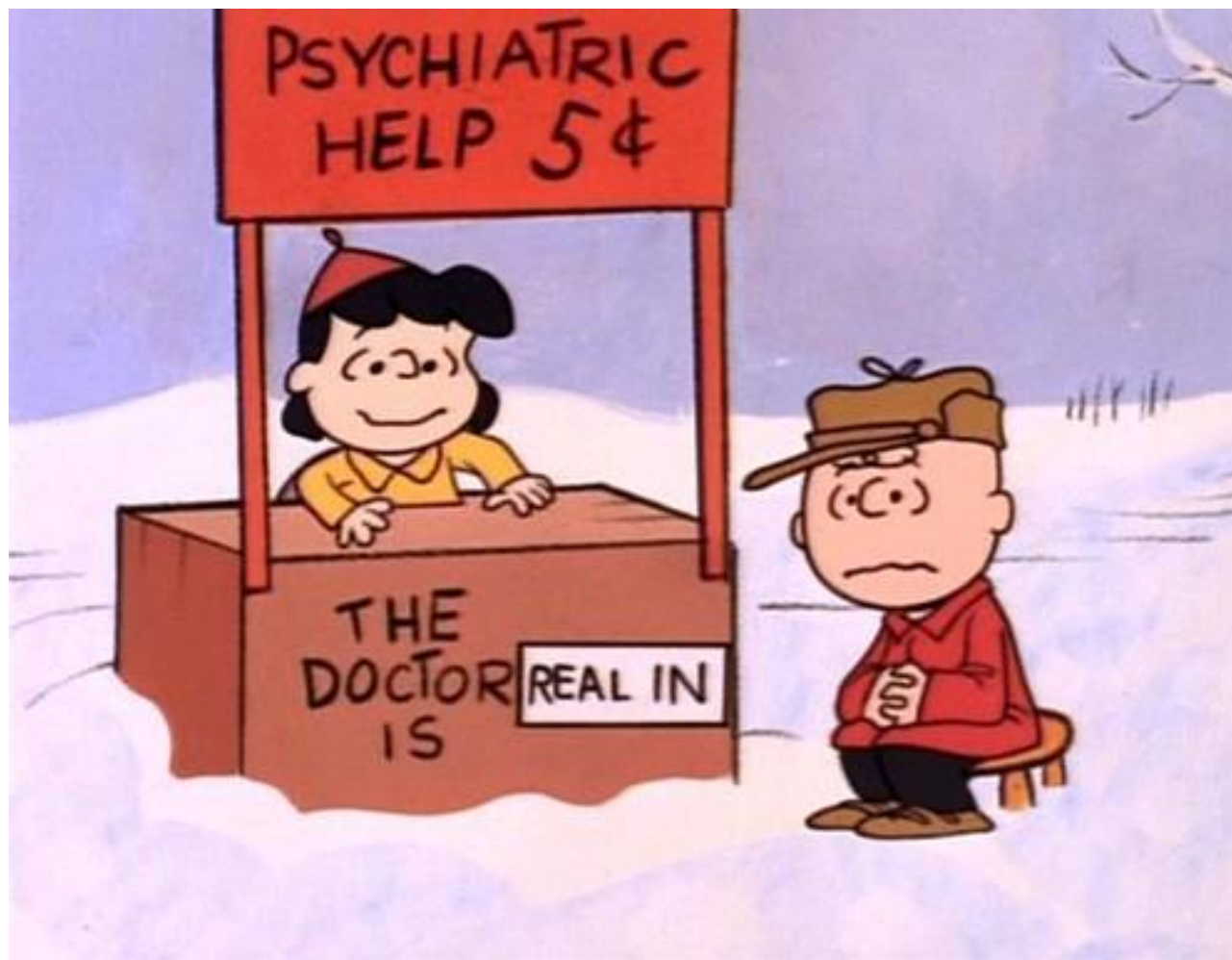


# Tips for Getting Physically Motivated

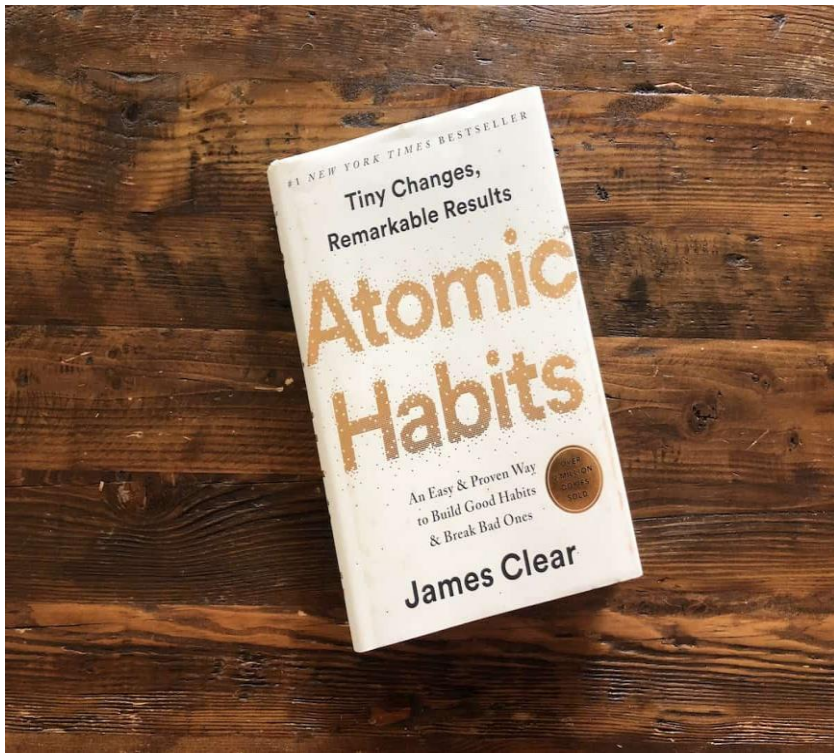
- Work Out Clothing
- Calendar
- Realistic Goals
- Workout Buddy
- Positive Affirmations
- 5 Second Rule
- Exercise Log or Journal
- Workout Apps for Tracking & Planning (Fit Bit, Garmin Fitness Tracker, Strava, Map My Run, Couch to 5K Runner)



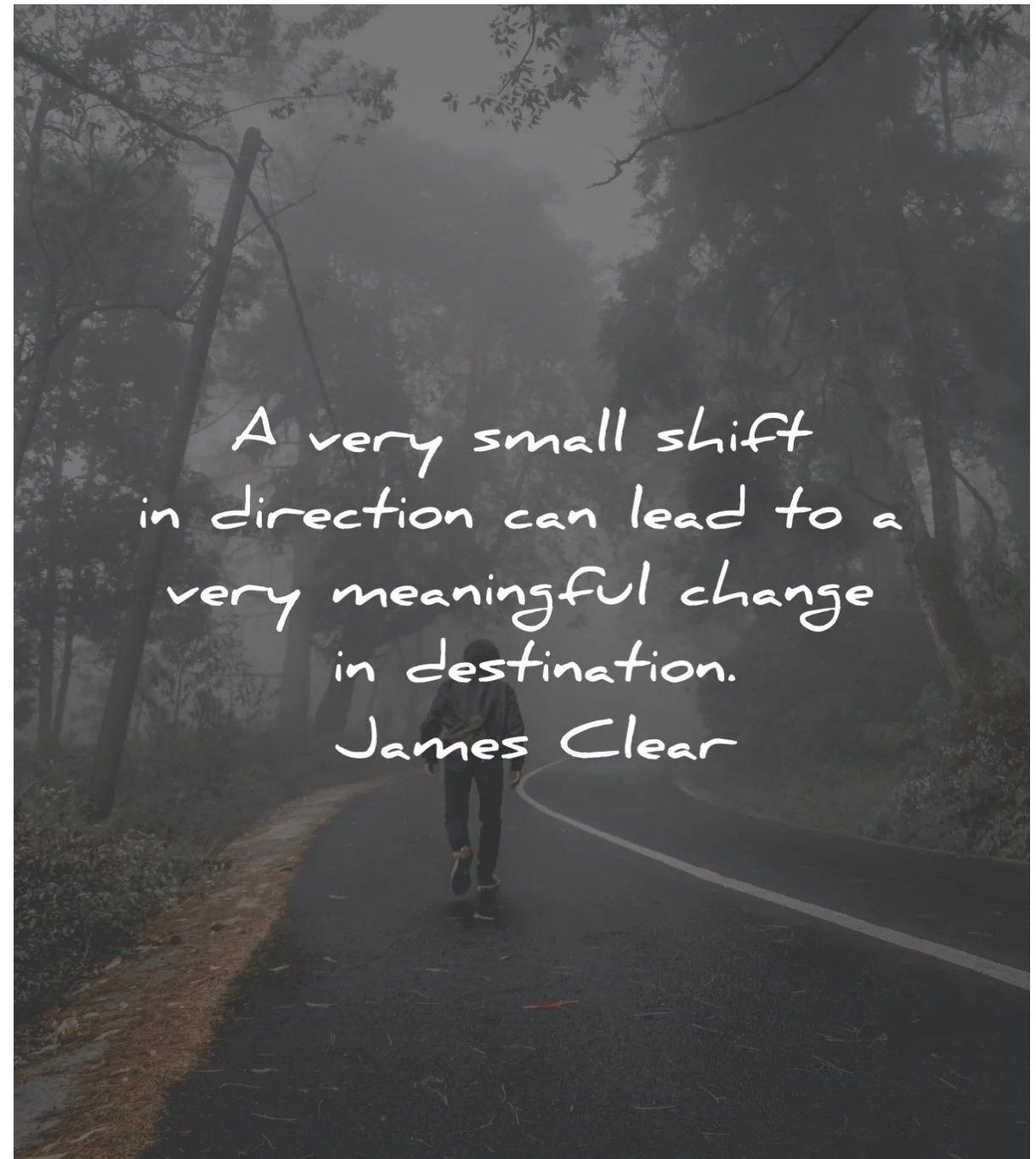
# Poll Question







"Improving by 1% isn't particularly notable, sometimes it isn't even noticeable, but it can be far more meaningful – especially in the long run."





## ☐ Online:

- ☐ [www.neelyeap.com](http://www.neelyeap.com) company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ **24/7 Hotline: 866-212-6096**

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# Access Your NEAP Benefits



# Nutritional Wellness Services

Wellness Resources



We are what we eat. Our food choices directly impact our mood, health, and energy levels. Maintaining a healthy and well-balanced diet can be challenging with a hectic schedule and family demands. Fortunately, our Nutritional Wellness Services can help you achieve your nutritional goals.

## How Can Nutritional Wellness Services Help Me?

Nutritional Wellness Services is a professional nutritional consultation service that can help you make positive changes in your diet and lifestyle. A Certified Functional Nutritionist will assess your eating habits, identify dietary concerns and answer questions to support your journey. Initial Consultation is complimentary.

To participate in the service call: **830-255-7644**

[Click here to schedule an appointment online](#)



### Areas of Expertise

Receive help from a Certified Functional Nutritionist on a variety of concerns including:

- Adrenal Fatigue
- Autoimmune Disease
- Gut Health
- Metabolic Syndrome
- Pre-Diabetes & Diabetes
- Weight Loss/Gain

### Key Program Features

- Complementary initial consultation with a **Certified Functional Nutritionist** to assess your current eating habits and health status.
- **25% off** all laboratory testing and nutritional packages.
- Access to HIPAA compliant **mobile app** with resources and private food journal.



# EAP Benefit Spotlight

