



## DID YOU KNOW...

•SUICIDE IS THE THIRD LEADING CAUSE OF DEATH IN TEENS AND YOUNG ADULTS BUT CAN BE PREVENTED WITH URGENT TREATMENT?

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# LIVE WELL

*Better Health, Greater Opportunity*

*A Newsletter dedicated to the Health and Wellness of the Iron Workers of Western Pennsylvania and their families.*

## Depression and Teens: *A Guide for Parents*

**Depression** affects feelings, behaviors, thoughts and physical well-being. There may be feelings of sadness or irritability, a lack of energy, trouble sleeping, feelings of hopelessness or worthlessness, or unhappy thoughts about life.

*How will you know whether your teen is depressed or just sad?* It is normal to feel depressed or sad sometimes. However, if your

teen has some or all of the symptoms listed on the next page most of the time, for two weeks or more, he or she could have depression. If you think your teen may be depressed, ask him or her if they have been feeling down, depressed, sad, irritable or hopeless. It is important to let your teen know that you noticed that they seem unhappy and that you care. It is very important to consult a professional if your teen shows feelings or behavior that are of concern, such as depression for more than a short time, drinking or using drugs, lack of appetite, decline in grades, increased social isolation, increased irritability, risky behavior or self harm. Any of the following professionals should be able to provide treatment or help you to get treatment for your teen:

- Mental health professionals such as a social worker, psychologist or psychiatrist
- Health care providers
- School counselors
- Religious or community leaders

**Anyone who has thoughts or feelings about hurting themselves should be taken seriously and should get professional help immediately.** If your teen is harming themselves or thinks about suicide, they need to be evaluated by a mental health professional immediately! If you are unable to obtain urgent care from a mental health provider, take your teen to the nearest emergency room, or call 911.

*See page 2 for symptoms of teen depression. For more information visit [www.lytleap.com](http://www.lytleap.com).*



## **SYMPTOMS OF DEPRESSION**

*Ladies,  
If you are  
over age 40  
and have  
had your  
mammogram  
or  
gynecological  
exam within  
the past  
three months,  
send in  
your EOB  
with the  
Value Bank  
Incentive  
Request Form,  
and you can  
earn a  
\$50  
Wellness  
Incentive!*



### **Teens with depression may:**

- Feel sad or “empty” a lot of the time (these feelings may come and go, but last for at least 2 weeks).
- Not feel like doing things they used to enjoy, like playing sports, hanging out with friends or studying
- Feel easily irritated, get angry or lose their temper quickly
- Feel tired or have less energy, or feel restless and edgy
- Experience changes in their eating habits
- Experience changes in sleep, either sleeping a lot more or less than they used to, or have trouble falling asleep or waking up
- Find it harder to concentrate and make decisions
- Have poor self-esteem
- Often feel guilty about things they do or do not do
- Feel that things will never get better
- Have thoughts about not wanting to live or about hurting themselves, or they have tried hurting themselves

**You can call your MAP, 24 hours a day, 7 days a week, with any questions or concerns, or if you think you or a loved one is or might be depressed.**

**1-888-877-8997**

# How to Relieve Stress

**STRESS** can come from any situation or thought that makes you feel **frustrated, angry, nervous, worried,** or even **anxious.** High levels of adrenaline and similar stress hormones can raise your blood pressure and cholesterol, both of which are **risk factors for heart disease.**

Here are a few ways you can help to relieve stress. Keep in mind that stress differs from person to person and what relieves stress for one person is not the same for everyone. Generally, making lifestyle changes and finding healthy, enjoyable ways to cope with stress helps most sufferers.

◆ **Eat a well balanced, healthy diet. Don't overeat.**

◆ **Get enough sleep.**

◆ **Exercise regularly.**

◆ **Limit caffeine and alcohol.**

◆ **Don't use nicotine or other recreational drugs.**

◆ **Learn and practice relaxation techniques.**

◆ **Make sure to balance fun activities with your responsibilities. Schedule some leisure time every day.**

◆ **Try making things with your hands, such as woodwork or knitting.**

◆ **Learn to play an instrument or listen to soothing music.**

## Drop 10 in 10!

**Drop 10 in 10 is a Highmark Community Program and also qualifies for a \$50.00 Wellness Incentive! This is an innovative weight management program that shows you how to add a healthy balance to your life with the power of ten. After completion of the class, have your instructor sign the Instructor Sign Off Sheet, and mail it to the Plan Office with the Value Bank Incentive Request Form within three months and earn \$50.00 in your Value Bank! Call 1-800-879-2217 to find a location in your area!**

*Contact the Plan Office for appropriate forms.*

## Here's What's Cooking...

Impress your dinner guests with this tasty recipe!

### **Scallop Skewers with Crispy Bacon and Lemon**

#### **What you will need:**

- 2 lbs. of sea scallops
- 1/4 cup of olive oil
- Juice from 2 freshly squeezed lemons (or limes)
- 1 tsp. of ground pepper
- 10 slices of Applewood smoked bacon

**Combine** the scallops, olive oil, lemon juice, salt and pepper in a large bowl or plastic bag. Let the mixture marinate in the refrigerator for 30 minutes. While scallops are marinating, prepare the bacon. **Cut** each slice of bacon into 3 pieces. **Blanch** the bacon in boiling water to par-cook it for 3 minutes. **Drain** the

bacon well and set aside.

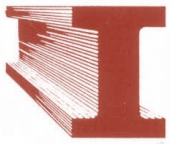
**Wrap** a piece of bacon around each scallop and place on the skewers. (if using wooden skewers, be sure to soak them in water beforehand).

**Reserve** the marinade. **Grill** over medium heat, turning and basting frequently with marinade until golden brown and the scallops are cooked



**Thanks to Olena for this recipe!**

through. **Serve and enjoy!**



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Look for your next  
issue in October!

# LIVE WELL

*Better Health, Greater Opportunity*

## Exercise Daily!

All adults should aim for **30 minutes** of exercise on most, if not all days of the week. Regular physical activity reduces the risk for heart attack, stroke, diabetes and other serious health conditions.

You can be a role model to your children, nieces, nephews or neighbors by setting a good example and getting daily exercise! Remember, if you are just starting out, increase your activity levels slowly. Doing too much too soon stresses



your joints and bones. You should always talk with your physician regarding your activity level and what you are able to do.