



LiveHealthy

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Adult Behavioral Health

All too often, those who suffer from behavioral health conditions do so alone—either because they have not been diagnosed, or because mental health issues carry a stigma that other illnesses do not.

Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is a behavioral health disorder that causes hyperactivity, inability to focus, inability to control behavior—or a combination of these symptoms—that is outside the normal range for your age and development. Though it usually begins in childhood, ADHD may continue into or not be diagnosed until adulthood. Some people with ADHD have fewer symptoms as they age, while others continue to have significant symptoms as adults.

Many adults with ADHD also have at least one other behavioral health condition, such as depression or anxiety, which can make diagnosis harder. If you have ADHD, you may find everyday tasks to be challenging. The inability to control impulses may make it difficult to drive in traffic or control your anger, while difficulty focusing and prioritizing may make it hard to meet deadlines or make meetings.

Signs and Symptoms

- Trouble focusing or concentrating
- Restlessness
- Impulsivity
- Difficulty completing tasks
- Disorganization
- Low frustration tolerance
- Frequent mood swings
- Extreme temper
- Trouble coping with stress
- Unstable relationships

Healthwise[®] **Knowledgebase**

Log onto your member page at capbluecross.com to access this interactive, online resource with over 8,000 health and wellness topics and tools, including ADHD and depression.

- **Symptom Checker**
Evaluate your health symptoms with this interactive tool.
- **Medications**
Learn how medications work for your particular condition and explore alternative treatment options.
- **Decision-Making Tools**
Explore the right courses of action for making critical health treatment decisions.

Simply click the Wellness tab at the top of your member page, and enter a health topic in the search box. Make sure your browser is not blocking pop-ups.

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Depression

Depression is a common but serious illness. Everyone occasionally feels down, but these feelings are usually short-lived. If you're suffering from depression, you will find it interferes with daily life. This is because depressive illnesses are disorders of the brain most likely caused by a combination of genetic, biological, environmental, and psychological factors. It interferes with daily life and can cause pain for both sufferers and those who care about them.

It is important to remember that people with depressive illnesses do not all have the same experience. Symptoms can vary in severity, frequency, and duration for everybody. Even the most severe cases of depression can be treated—the earlier you get help, the more effective treatment will be.

Signs and Symptoms

- Persistently sad, anxious, empty, irritable, or restless feelings
- Feelings of guilt, hopelessness, or helplessness
- Loss of interest in activities, fatigue, or decreased energy
- Difficulty concentrating, remembering details, or making decisions
- Insomnia, early morning wakefulness, or excessive sleeping
- Overeating or appetite loss
- Suicidal thoughts or attempts
- Persistent aches, pains, or digestive problems that do not ease with treatment

If you or someone you know is experiencing symptoms of ADHD or depression, seek care from your health care provider.

- Courtesy of NIH.gov

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Recipe Row

Spring Salad

Perfect for warmer spring days, this cool, crisp salad is perfect to pack for work, or for a weekend picnic.

Packed full of antioxidants, vitamin C, calcium and protein, raw radishes are naturally cooling, aid in digestion, and can soothe the sore throats that come with seasonal changes.

Ingredients (serves 4):

- 1 tbsp. Dijon mustard
- 1 tbsp. lemon juice
- 1 tbsp. olive oil
- Balsamic vinegar to taste
- Salt and pepper to taste
- 1 head Boston lettuce, torn
- 3 radishes, sliced
- 1 lb. asparagus, sliced
- 1 red onion, sliced

Directions:

Preheat oven to 400 degrees. Brush asparagus with olive oil, then roast until tender. In a medium bowl, whisk together mustard, lemon juice, and olive oil; season with salt and pepper to taste. Add lettuce, radishes, asparagus, and onion. Toss to combine.

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