

BHS A.S.S.I.S.T. Spotlight

October 2023

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



Depression Symptoms: Men vs. Women

[Click to Read Article](#) ►



Turning Conflict into Collaboration

[Click to Read Article](#) ►



Halloween Activities that Make Great Trick-or-Treat Alternatives

[Click to Read Article](#) ►



Festive Recipe: Cinnamon Apple Pan Betty

[Click to Read Article](#) ►



Depression Symptoms: Men vs. Women

What is Depression?

Everyone feels sad or irritable and has trouble sleeping once in a while, but these issues usually pass after a couple of days. Depression is a common but serious mood disorder that may cause severe symptoms.

Depression can effect anyone, no matter their gender, age or station in life. In fact, depression symptoms are known to present differently in men vs. women.

Possible Signs and Symptoms of Depression in Men

- Anger, irritability or aggressiveness
- Feeling anxious, restless or "on edge"
- Loss of interest in work, family or once-pleasurable activities
- Feeling sad, "empty," flat or hopeless
- Not being able to concentrate or remember details
- Feeling very tired, not being able to sleep, or sleeping too much
- Overeating or not wanting to eat at all
- Thoughts of suicide or suicide attempts
- Physical aches or pains, headaches, cramps or digestive problems
- Engaging in high-risk activities
- Withdrawing from family and friends or becoming isolated

Possible Signs and Symptoms of Depression in Women

- Persistent sad, anxious or "empty" mood
- Feelings of pessimism or irritability
- Feelings of guilt, worthlessness or helplessness
- Decreased energy or fatigue
- Difficulty sleeping, early-morning awakening or oversleeping
- Loss of interest or pleasure in hobbies and activities
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating
- Trouble remembering or making decisions
- Changes in appetite or weight
- Thoughts of death or suicide or suicide attempts
- Aches or pains, headaches, cramps or digestive problems without a clear physical cause that do not ease even with treatment

If you are concerned about your mental health, don't hesitate to seek advice. Your Employee Assistance Program (EAP) provides free and confidential counseling services. Call your designated BHS Care Coordinator today at 800-245-1150 to learn more about your benefits today.



Turning Conflict into Collaboration

Keeping Conflicts Constructive

If you've ever worked with a team of people, you know that conflict is inevitable. But you may not know that conflict can be constructive. While you can't stop disagreements from happening, you can use conflicts as assets to strengthen relationships, make sounder group decisions and motivate others.

Using conflict constructively requires that all group members practice basic ground rules of conflict management.

Express Disagreement

Group members must first decide they're going to be honest with one another. This means that when they have differing views, they'll express those disagreements instead of remaining silent. By not speaking up when you disagree, you deprive the group of potentially valuable insight that might impact how problems are solved or important decisions are made.

Be Sensitive

As you express disagreements, be aware that the words you choose can affect listeners positively or negatively. Pushing emotional buttons will inevitably derail you from the topic at hand and create unnecessary tension among the group.

Criticize the Idea, not the Person

Express your disagreements in a way that doesn't devalue the person with whom you disagree. If your goal is to use conflict to build a more cohesive group, don't allow personal attacks or name-calling to infiltrate your relationships. That will only escalate conflicts and cause people to choose sides.

Don't be Defensive

When you're on the receiving end of a disagreement it's easy to feel defensive. Rather than leaping to defend your positions, listen carefully to other people's remarks. Ask them to summarize the main points; this gives you a chance to pinpoint possible misunderstandings and clarify your positions.

By asking questions of those who disagree with you, new ideas and suggestions get thrown into conversations. These may lead to creative solutions that hadn't been considered.

If you are looking for more resources, your Employee Assistance Program (EAP) provides guidance and free counseling services. Contact your designated Care Coordinator by calling 800-245-1150 or log onto the BHS website by visiting www.behavioralhealthsystems.com to learn more.



Halloween Activities that Make Great Trick-or-Treat Alternatives

With Halloween right around the corner, you may be looking for fun things to do besides door-to-door trick or treating. Below are some ideas that you can do with family or friends.

Organize a Candy Hunt

Go ahead and repurpose those plastic eggs you use at Easter as "pumpkin seeds" and take kids on a Halloween candy hunt in your home, yard or neighborhood.

Halloween Movie Night

Stock up on popcorn, candy and caramel apples to enjoy a night of Halloween-themed entertainment. Disney+, Amazon Prime, Netflix, Hulu and Freeform are all loaded with family-friendly Halloween-themed movies.

Drive-thru Haunted House

There are drive-thru spooky fests and haunted houses happening across the country. Some drive-thru haunted houses offer a mysterious theme that allows you to play detective while a dastardly deed unfolds right outside your window.

Halloween Decorations Crawl

Scope out all the spooky Halloween décor your neighborhood has to offer by taking the kids on a frightfully fun scavenger hunt. Whoever finds the scariest stuff wins a King Size candy bar of their choosing.

Make Your Own Haunted House

Spend the day decorating the house with your kids and encourage them to plan a night of haunted hijinks. When the sun goes down, parents, grandparents, siblings or friends can walk through this haunted creation for an at-home haunted house.

Costume Parade

March in a costume parade. Store-bought or homemade, nothing makes kids prouder than showing off their Halloween costume. If your neighborhood has a social media page dedicated to local parents, finding participants won't be hard! You can also look for local fall/Halloween parades in your community to see fun floats and catch candy.

RECIPE: Cinnamon Apple Pan Betty • 6 servings • 15 minutes cook time

Ingredients • 3 medium apples, peeled and cubed • 1/2 cup of butter • 3 cups of cubed bread • 1/2 cup of sugar • 3/4 tsp. ground cinnamon

Instructions • In a large skillet, sauté the apple cubes in the butter until tender • Add the bread cubes and stir to combine • Mix the cinnamon and sugar together • Sprinkle the cinnamon sugar mixture over the apples and bread • Stir to coat • Sauté until the bread is warmed • Serve warm!

