

# TRS-ActiveCare DEALING WITH DEPRESSION



BlueResource<sup>SM</sup> – Emotional Wellbeing

## Chase Away Sadness

It's okay to grieve or feel sad after stressful events. Try these steps to feel better.

### Reach out.

Connect with people who care about you. Talk to someone about your feelings. It can change your mood and outlook.

### Create a “feel-good” toolkit.

Make a list of activities you enjoy and do at least one a day. Go for a nature walk, play with a pet or watch a funny movie.

### Move your body.

Get at least 30 minutes of exercise every day. Physical activity takes your mind off worries, gives you more energy and releases good chemicals in your brain.

### Eat to feel better.

Eat foods rich in depression-fighting B vitamins and omega-3 fatty acids. Leafy greens, citrus fruits, chicken, eggs and fatty fish are good choices.

### Get help.

Talk with a health care provider if you live with depression.

- Use **Provider Finder**<sup>®</sup> to find an in-network mental health provider.
- Use Headway to find a therapist or other mental health professional quickly. All providers are in network and appointments are available within 48 hours.
- Use Teladoc for virtual mental health appointments from wherever you are. Appointments are available seven days a week, from 7 a.m. – 9 p.m. for covered participants and dependents age 18 and older.
- \$0 with TRS-ActiveCare Primary and TRS-ActiveCare Primary+ plans. Let a Personal Health Guide find a provider for you! Call **1-866-355-5999** or chat through the BCBSTX App 24/7.

**Sources:** *Coping with Depression*. Help Guide. 2019.  
*Depression and Anxiety: Exercise Eases Symptoms*. Mayo Clinic. 2017.  
*Depression Basics*. National Institute of Mental Health, National Institutes of Health. 2016.

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