

### May is Mental Health Fitness Month

#4Mind4body

One in five U.S. adults will experience a mental health condition in their lifetime. However, everyone is affected or impacted by mental illness through friends and family. Mental illness is a real and treatable set of conditions that includes major depression, bipolar disorder, panic attacks, generalized anxiety disorder, attention deficit hyperactivity disorder, and schizophrenia, as well as many others. These disorders are serious enough to significantly impact a person's daily life functioning, whether at school, work or in their relationships with others.

Symptoms of a mental illness can include, but are not limited to:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and family
- Significant tiredness, low energy, or problems sleeping
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Alcohol or drug abuse
- Excessive anger, hostility or violence
- Suicidality

Mental illness can be successfully treated in most people who seek out treatment.

For additional information for yourself or someone you care about:

- Monroe County Office of Mental Health – (585) 275-5151 or dial 211; visit [2-1-1/LIFELINE](https://www.monroecounty.gov/info/2-1-1-lifeline)
- Mental Health Association (585) 325-3145; visit [mharochester.org](http://mharochester.org)
- National Crisis Text Line - Text HOME to 741741 to connect to a live, trained Crisis Counselor
- Check with your Human Resources Representative on the benefits within your employer's Employee Assistance Program

### Skin Cancer Awareness

With 5.4 million cases in more than 3.3 million people diagnosed annually, skin cancer is the most common form of cancer in the United States. It is also one of the most preventable forms of cancer and highly treatable when detected early. A few simple steps can help you avoid some of the more serious consequences of skin cancer.

**Sun Screen** – Take steps to protect yourself from sun exposure by using sun screen, wearing a hat, and avoiding the sun when it is most intense.

**Skin Screen** – Once a month, do a careful check of your skin and moles. Follow the skin check **ABCs**:

- A**symmetry – Does it lack balance in shape or size?
- B**order irregularity – Are its edges jagged?
- C**olor changes – Has the shade of it changed or does it bleed?
- D**iameter growth – Is it bigger?
- E**volution – Has it changed in any other way?

### Wild Salmon Cakes with Quinoa Salad

Calories – 505 Serves - 4

- 1lb. skinless wild salmon cut into small chunks
- 2 sliced green onions
- ½ tsp. grated orange zest
- Kosher salt
- 2tsp. extra-virgin olive oil
- ¼ cup fresh basil, chopped
- 3 tbsp. orange juice
- 3 tbsp. sherry vinegar
- Freshly ground black pepper
- 5 cups cooked quinoa
- 5 cups packed mixed greens
- Orange wedges, for serving

In food processor, pulse salmon, green onion, and orange zest until finely chopped. Season with ¼ tsp. salt. Form into palm sized cakes. In 12" nonstick skillet, heat 2 tsp. olive oil on medium. Add cakes; cook 4 minutes per side.

Meanwhile, in a large bowl whisk basil, orange juice, and ¼ tsp. each salt and pepper. Add quinoa and mixed greens, tossing to combine. Serve salmon cakes with orange wedges, if desired.

