Anthem

# WELLNESS NEWS

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## Seasonal Affective Disorder (SAD)

A type of depression that typically occurs during fall and winter when daylight hours are shorter. Common symptoms include sadness, hopelessness, low energy, changes in sleep or appetite, difficulty concentrating, loss of interest in activities, and social withdrawal.

### Simple ways to support your well-being

- Get daylight and move your body regularly.
- Keep consistent sleep and meal routines.
- Choose nourishing foods.
- Limit alcohol and avoid recreational drugs.
- Practice stress relief and connect with family or friends.

Source: anthem.com/blog/seasonal-affective-disorder



If symptoms interfere with daily life, use Find Care in the **Sydney Health** app to connect with a mental health professional.

## HEALTHY RECIPE | Black Bean Chilaquiles

25 minutes | 4 servings | 235 calories per serving



### Ingredients

- 6 eggwhites+ 2 eggs
- ¼ tsp salt
- 3 (6-inch) corn tortillas, cut into squares
- ¾ cup crumbled queso fresco, divided
- ¾ cup no-salt-added black beans, rinsed
- 1 tsp chipotle powder
- 2 tsp canola oil
- ⅓ cup chopped cilantro
- ½ cup chopped onion
- 1 chopped jalapeño
- 1½ cups chopped seeded tomatoes

### Directions

1. Beat eggs, egg whites and salt. Stir in tortilla pieces and ½ cup cheese.
2. Mix beans with chipotle powder; fold into eggs and let tortillas soften.
3. Sauté onion and jalapeño in oil over medium heat for 3 minutes.
4. Add tomatoes to egg mixture; pour into skillet. Cook 4–5 minutes until set. Top with cilantro and remaining cheese.

Sources: recipes.heart.org/en/recipes/black-bean-chilaquiles

### Anthem members

You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing from the Sydney Health app.

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