

Wellness News

April 2026

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Muffins



“Coming together is a beginning; keeping together is progress; working together is success.” –Henry Ford



Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone’s camera to download the Sydney Health app.

Tip: Anthem.com and Sydney Health use the same username and password!

World Autism Awareness Day is April 2nd

Each year on **April 2**, World Autism Awareness Day shines a light on autism and encourages greater understanding, acceptance, and inclusion for people on the autism spectrum.

Established by the United Nations in 2007, the day is an opportunity to recognize the unique strengths, talents, and perspectives that autistic individuals bring to our communities, workplaces, and schools.

Autism is a lifelong neurodevelopmental condition that affects how people communicate, interact, and experience the world. Today, many organizations and advocates emphasize not just *awareness*, but **acceptance**—fostering environments where autistic individuals feel supported, valued, and empowered to thrive.

This day also highlights the importance of accessible services, early support, inclusive education, and employment opportunities. When communities embrace neurodiversity, everyone benefits from a wider range of ideas, experiences, and problem-solving approaches.

On World Autism Awareness Day, consider taking a moment to learn more about autism, listen to autistic voices, and help build a culture of understanding and respect. Small actions—such as promoting inclusive language, supporting sensory-friendly spaces, or advocating for accessibility—can make a meaningful difference.

Benefits of Physical Activity for Autistic Youth

Physical activity programs for youth with autism produced benefits in a variety of important areas. These include improving motor skills, skill-related fitness, social functioning and muscular strength and endurance.

Start small:

Walking to school (or work) – or at least some of the way.

Walking the dog (if you have one).

Turn TV advertisements into exercise breaks.

Make a family trip to the playground a regular, after-dinner activity. If you can walk there, even better.

Anthem members: if you or a family member has ASD you may have access to a support team of behavioral health clinicians. Log into the Sydney app or anthem.com and look for Autism Spectrum Disorder Program.

[For more information go to: Autism support, resources & advocacy | Autism Speaks](#)

Stress Less

Stress is something many of us experience—but when it becomes chronic, it can affect both our mental and physical well-being. Stress can show up in different ways, including fatigue, difficulty concentrating, irritability, headaches, or trouble sleeping.

While some stress is a normal part of life, prolonged stress can contribute to more serious health concerns such as anxiety, depression, heart disease, and burnout. That's why awareness—and action—are so important. This month is an opportunity to reflect on how stress affects us individually and to explore ways to better manage it. Simple strategies can make a meaningful difference, such as:

- Taking short breaks throughout the day to reset
- Practicing mindfulness or deep breathing exercises
- Staying physically active
- Connecting with friends, family, or colleagues
- Setting realistic goals and boundaries
- Creating a supportive environment also plays a key role.

Whether at home or in the workplace, fostering open conversations about stress and mental health can help reduce stigma and encourage people to seek support when they need it. During Stress Awareness Month, take time to check in with yourself and others. Prioritizing well-being isn't just beneficial in the moment—it helps build resilience for the future.

I'M SO STRESSED OUT!

Is it stress or anxiety?


Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none">• Generally is a response to an <i>external</i> cause, such as taking a big test or arguing with a friend.• Goes away once the situation is resolved.• Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none">• Excessive worry• Uneasiness• Tension• Headaches or body pain• High blood pressure• Loss of sleep	<ul style="list-style-type: none">• Generally is <i>internal</i>, meaning it's your reaction to stress.• Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.• Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.

 **NIH** National Institute of Mental Health

nimh.nih.gov/stressand anxiety

NIMH Identifier No. OM 20-4319



If you are having trouble coping with stress, reach out to a doctor or a mental health professional for help. To find a doctor or healthcare provider in your plan's network, use the Find Care and Cost feature on the Sydney Health app or at anthem.com.

National Volunteer Month: Make a Difference in Your Community

April is **National Volunteer Month**, a time to recognize and celebrate the impact of volunteers who strengthen our communities through service, compassion, and generosity. Across the country, millions of individuals dedicate their time and talents to causes they care about—making a meaningful difference in the lives of others.

Volunteering in your community can support a wide range of needs, from mentoring students and supporting local food banks to participating in community cleanups and advocating for important causes. These efforts not only uplift communities but also foster connection, purpose, and shared responsibility.

Beyond its community impact, volunteering offers personal benefits as well. It can help build new skills, expand professional networks, and enhance overall well-being. Many people find that giving back provides a sense of fulfillment and perspective that extends into both their personal and professional lives.

National Volunteer Month is also an opportunity to reflect on how we can contribute—whether through individual efforts or as part of a team. Even small acts of service can create a ripple effect of positive change.

This April, consider getting involved in a cause that matters to you. Whether you volunteer your time, share your expertise, or support others in your community, your contributions help build stronger, more connected communities for all.

Getting Started: Your Path to Making a Difference

- Identify your interests: Explore the volunteer opportunities offered and align them with your passions. Whether it's wildlife, history, recreation, or public engagement, [Volunteer.gov](https://www.volunteer.gov) has something for you!
- Consider your skills and availability: How much time can you commit? What skills and talents can you offer? Matching your strengths and availability to the needs of a site will create a mutually beneficial partnership.
- Find locations nearby: Locate the nearest field office or visitor center and inquire about their volunteer programs, sharing any specific interests. Or, you might want to look for opportunities at a dream destination for your next vacation.
- Sign up and commit: Apply for one or many opportunities that match your interests! When selected, commit to showing up reliably and enthusiastically.

[National Volunteer Month: Give Back and Make a Difference!](#)

Anthem members: Access community support through Sydney. Log-in and click **MENU** on the bottom navigation bar. Select ACCESS CARE, My Health Dashboard, Programs or **Community Resources** > Search for possible low cost or no cost resources in your area.

Easy Loaded Baked Omelet Muffins

Prep Time: 25 mins **Total Time:** 1-hour **Servings:** 6 **Yield:** 12 mini omelets

Ingredients:

- 3 slices bacon, chopped
- 2 cups finely chopped broccoli
- 4 scallions, sliced
- 8 large eggs
- 1 cup shredded cheddar cheese
- ½ cup low-fat milk
- ½ teaspoon salt
- ½ teaspoon ground pepper

Directions:

Step 1: Preheat oven to 325 degrees F. Coat a 12-cup muffin tin with cooking spray.

Step 2: Cook bacon in a large skillet over medium heat until crisp, 4 to 5 minutes. Remove with a slotted spoon to a paper towel-lined plate, leaving the bacon fat in the pan. Add broccoli and scallions and cook, stirring, until soft, about 5 minutes. Remove from heat and let cool for 5 minutes.

Step 3: Meanwhile, whisk eggs, cheese, milk, salt and pepper in a large bowl. Stir in the bacon and broccoli mixture. Divide the egg mixture among the prepared muffin cups.

Step 4: Bake until firm to the touch, 25 to 30 minutes. Let stand for 5 minutes before removing from the muffin tin.

Nutrition Facts:

Serving Size: 2 mini omelets

Calories | 212 | Total Fat 15g | Total Sugars 2g | Cholesterol 272mg | Sodium 486mg | Total Carbs 5g | Protein 16g | Dietary Fiber 1g | Potassium 288mg

[Easy Loaded Baked Omelet Muffins](#)

Anthem members: visit Sydney to access the free **Eat Healthy Action** Plan. Evaluate your eating habits and adopt new ones along the way! It can be rewarding!
Navigate via Sydney **MENU** to **ACCESS CARE**, then **My Health Dashboard** to access **Action Plans, PROGRAMS** and more!



Crack Open the Facts About Eggs

Eggs, especially the yolks, are loaded with nutrition, including protein, vitamin B12, choline and antioxidants. Combined, these nutrients may help keep your skin, hair, eyes, bones, heart and nervous system healthy.

One egg contains:

- 75 calories
- 5 grams of fat
- 6 grams of protein
- 0 carbohydrates
- 67 milligrams of potassium
- 70 milligrams of sodium
- 210 milligrams of cholesterol

Research shows that the cholesterol in eggs doesn't seem to negatively affect the human body compared with other sources of cholesterol.

An egg on its own is a nutritious option for breakfast, lunch or dinner. Most healthy people can eat up to seven eggs a week without affecting their heart health.

[Is it healthy to eat eggs every day? - Mayo Clinic Health System](#)