



Magellan
HEALTHCARE®

Momentum

Banishing burnout

Sometimes it seems there are a few too many demands, deadlines, unforeseen changes, uncertainties and moving parts to keep up with in life. Trying to keep up can cause stress, which, if not relieved, can accumulate and lead to burnout.

- Markers of burnout include feeling continually drained; having frequent headaches or muscle pain; becoming detached from others; having feelings of hopelessness, negativity and irritability; withdrawing from activities; and losing motivation.
- Create a list of the specific problem areas in your work and personal life that seem to routinely cause you uncomfortable stress. Brainstorm at least one way to modify each situation to reduce its stressfulness.
- Set boundaries. Many people get in the habit of trying to do too much and help too much. However, there's no harm in telling others that you're feeling depleted and can't begin new tasks at present.

Additional sources: PsychologyToday.com, HelpGuide.org.

Digital emotional wellbeing program

Stress is part of our everyday life, but chronic stress that goes untreated can spiral into conditions like anxiety or depression. April is Stress Awareness Month and with the Digital Emotional Wellbeing Program, available via mobile app and your member website, you can learn skills like breathing techniques, mindful meditation and coping skills to improve how you deal with stress and adversity. Visit your member website to get started on your journey towards better emotional wellbeing.

Contact your program

24/7/365

for confidential, no-cost help
for you and your household
members.

Live Webinar—Join our informative webinar, *Overcome Exhaustion and Burnout*, on Wednesday, April 13. Register [here](#).

Employee Assistance Program
1-800-450-1327 (TTY 711)
MagellanAscend.com (use
Principal Core)

Mind Your Mental Health

April is Stress Awareness Month

Stress is a normal part of human existence. Good stress (eustress) pushes us to strive and achieve, but bad stress—particularly when it's severe and/or lasts a long time—is highly destructive to our health. Stress Awareness Month reminds us to take action if we spot signs of unhealthy stress.

- Build in more balance. If you feel overly burdened by the daily slog, insist on making room for meaning in your life—via your family, friends or creative hobbies.
- Talk it out. When under stress, it's important to not self-isolate—despite the temptation to do so. Talk with someone who can empathize with your situation. Sharing your struggle can help calm the nervous system and reduce stress.
- Aim to be active. While being active may not seem appealing when you're stressed, getting some regular exercise will boost your mind/body resilience.

Visit MagellanHealthcare.com/about/bh-resources/mymh or call your program for confidential mental health resources.

Working on Wellness

More stress busters

- When you're feeling stress, it's important to focus on the building blocks of good self-care such as eating nutritious food, getting more rest and engaging in healthy practices such as meditation, progressive muscle relaxation, yoga or deep breathing.
- Have a "third space." Although work and family may consume most of your time, have a separate place to explore your interests, relax and recharge. Such activities—gardening, reading, crafting, painting, fishing or game nights—help you maintain a distinct identity and manage stress.

Managing Work-Life Flow

Simplify your life

When you're surrounded by stuff in life, you pay a price for that. When it's a lot of stuff, there's quite a cost indeed. Consider simplifying your life; this gives you more time, space, energy, resources...and enjoyment. You could start by decluttering one room at a time. Work on replacing bad/negative mental habits that impede you. Limit time-wasting distractions. Forego relationships that are one-sided or draining; focus on the mutually supportive relationships you value.