



Magellan
HEALTHCARE®

Momentum

Enhancing your wellbeing

Are you happy with the state of your physical and emotional health? No matter where you are on the “wellbeing” spectrum, you can find ways to improve your day-to-day life. Need some ideas?

- *Live in the moment.* You’ve heard this advice before, but it’s quite valid. When you slow down and pay attention to your thoughts and sensations—while letting worries about yesterday or tomorrow float away—you’ll enjoy life more.
- *Build on your strengths.* Remind yourself about your skills and character strengths, and focus these powers on things you want to improve like health or friendships.
- *Invest in your health.* When you see the need to make some changes in diet or exercise, set small initial goals to get started. Identify something that’s a 2% change like walking 10 minutes a day or substituting fruit for sugared desserts.
- *Be grateful and celebrate.* Identify things you’re thankful for each day and allow yourself to enjoy your accomplishments.

Additional sources: Harvard Health Publishing, National Alliance on Mental Illness, Centers for Disease Control and Prevention, American Cancer Society, American Lung Association, VeryWellMind.com, NationalToday.com.

Contact your program

24/7/365

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

Live Webinar—Join us on
Wednesday, May 11 for *Self-Care
Enhancement and Enrichment*.
Register [here](#).

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

Mind Your Mental Health

May is Mental Health Awareness Month

This health observance strongly supports the idea that anyone affected by a mental health condition should be able to get the appropriate support and care they need to live a healthy, fulfilling life.

- Although some progress has been made, the stigma around mental health and treatment has long existed. Many people still hesitate to seek help or even talk about their mental health conditions with loved ones for fear of being judged and facing uninformed backlash.
- A great way to mark Mental Health Awareness month is to talk about it. When you share insights and realities about mental health challenges, these conditions become more normalized and less mysterious.
- Take care of yourself and your loved ones. If you are struggling, reach out for the care you need. If a loved one is suffering, provide an ear to listen and/or a shoulder to cry on.

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

Working on Wellness

Steps to quitting smoking/tobacco

- Create a formal, personalized quit plan. This will help you stay focused, confident and motivated to quit. Share your quit plan with your doctor, family, friends and co-workers. They can provide valuable support.
- While no single quit method works for everyone, the combination of FDA-approved medications and counseling is often effective. It usually takes smokers multiple tries to permanently quit, so view prior attempts as steps on the road to your future success.

Managing Work-Life Flow

Get organized

Being more organized at home and work will help you experience lower stress and a greater sense of control.

- Try starting with one room—or just an area—that consistently nags you with its messiness. Give yourself a deadline to finish it.
- Scratching off areas one at a time will help you keep going.
- Use a take-it-out and put-it-back strategy for reorganizing drawers, bins, closets, nooks and shelves.
- Recycle, donate or sell items you're not using.