



## Your resource for holiday emotional wellbeing (and more!)

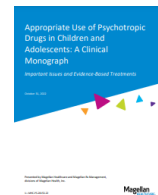
### Resources for holiday emotional wellbeing

- Visit [MagellanHealthcare.com/Holidays](https://MagellanHealthcare.com/Holidays) to find materials and information for yourself and to share with family, friends and colleagues!



### New! Updated Magellan monograph

- Find the award-winning *Appropriate Use of Psychotropic Drugs in Children and Adolescents: Important Issues and Evidence-Based Treatments* at [MagellanHealthcare.com/Monographs](https://MagellanHealthcare.com/Monographs).



### Recent event recordings

- November 10, 2022  
Magellan Federal webinar, "**The power of purpose**" ([info and recording](#))
- November 16, 2022  
Magellan Healthcare webinar, "**Protecting your emotional wellbeing this holiday season**" ([info and recording](#))



## Magellan Health Insights blog posts

- [2022-2023 Influenza Season – What's In Store This Winter](#)
- [Four Key Questions About Diabetes](#)
- [Breast Cancer and Survival: What You Need to Know](#)
- [Virtual Reality – An Emerging Paradigm in Healthcare](#)
- [November is National Family Caregivers Month](#)



## Magellan in the news

- Magellan Health, [Magellan Healthcare Hosts Free Webinar Focused on Protecting Emotional Wellbeing During the Holiday Season](#)
- *Building Better Businesses in ABA*, [Podcast episode 42: A Payer's \(& BCBAs\) Perspective on ABA with Yagnesh Vadgama of Magellan Health](#)



**Enjoy reading our monthly newsletters?** Your friends, family and colleagues may too! Please feel free to forward this email.

Anyone can sign up to receive this newsletter by choosing "Behavioral health webinars and education" from the Email preferences link below.

