



Momentum



Join in for a live webinar, *Protecting children's emotional wellbeing*, on Wednesday, August 14, 2024 at 1:00 p.m. CT. This inspiring event will help you better support your youngsters' emotional needs. Scan the QR code to [register now](#).

Getting back into the groove

With summer ending and the heavier season of work and school resuming, it's a good time to focus on your own and your family's health—particularly around sleep habits. Although most adults do best when they get 7 – 8 hours of sleep nightly (and children at least 9 to 11 hours), not everyone gets adequate rest.

- Your body's biological clock controls functions like sleeping and waking. However, when this cycle gets disrupted by factors like alcohol use, changing sleep schedules, jet lag or illness, you might suffer sleep problems.
- Create a more relaxing bedtime routine. Take a warm shower or bath first, or listen to soothing nature sounds.
- Keep your bedroom quiet, dark and cool.
- Avoid alcohol and drinks with caffeine before bed.
- Avoid using smartphones or other devices in the hours approaching bedtime. The light from these devices can delay sleep.



Work-Life Services*

Did you know there's a no-cost program ready to help you through all kinds of challenging life situations? Work-Life Services includes access to articles, videos, and more on topics like parenting, senior care, finances, legal, pet services, travel and leisure, education, career growth and more. Visit your [member website](#) to learn more.

**If available through your program.*

Contact your Employee Assistance Program at 1-800-450-1327 (TTY 711) or go online to Member.MagellanHealthcare.com (enter Principal Core) for confidential, no cost help available 24/7/365 for you and your household members.

Mind Your Mental Health

August is National Back to School Month

Kicking off a new school year is exciting, yet often stressful, for everyone. It's important for parents to be able to recognize and relieve children's stress.

- Stress in youngsters can manifest as unusual irritability, sleep problems or complaints of headaches or stomachaches.
- Start by acknowledging the child's feelings. If children begin to seem sad or frightful, for example, tell them you've noticed this and want to help. Talk things out.
- If your child's after-school activities are resulting in too much family chaos and homework stress, eliminate an activity or two. Use dinnertime to de-stress and bond as a family.
- Support your child's learning, but don't demand excellence in every school-related activity. Provide your unconditional love regardless of their path.
- Prioritize adequate sleep, which supports learning, memory and the energy needed to be resilient.
- Be sure to fit in regular exercise—one of the best ways to manage stress for kids (and adults!).
- Give plenty of hugs to remind children of your love and caring

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

Working on Wellbeing

Community wellbeing – Helping kids handle peer pressure

- Pressure from peers can push kids to do unhealthy things. But remember: Adolescents still need a parent's help to make better decisions—even if they seem to not want the help.
- Before your kids find themselves in risky situations (such as substance use or inappropriately using social media), role-play with them on how to respond and deflect when someone pushes them to engage in these behaviors.

Money Matters

August 2024 financial webinars

Insurance Basics: Protecting Your Future & Assets

August 13th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Insurance can be an essential tool for protecting your financial future, but with so many options, it can be challenging to know where to start. This webinar will look at the basics of insurance, including the different types of coverage available such as life, health, home and auto. Get tips on how you can choose the right insurance coverage, compare policies, and get the best rates.

Retirement: Social Security Decisions

August 29th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

We contribute for years to the Social Security system through payroll deductions, but we don't always know our best options for receiving those eventual distributions. This class will examine how benefits are calculated and how you can decide when to start receiving distributions in retirement. The session will also look at spousal benefits and factors that could influence whether you are taxed on the distributions you receive.

Sources: Healthwise, LifeCare