

January is Mental Wellbeing Month

Nurture your mental wellbeing

Having mental wellbeing means being content, highly capable and engaged in life. It includes having a sense of purpose and a positive attitude, plus enjoying fulfilling relationships and activities.

Here are four tips to boost your mental wellbeing:

- 1 Maintain a positive view of yourself.** Challenge negative thoughts and replace them with self-empowering statements such as, "I've got this!"
- 2 Discover your purpose.** While you do not need to change the world, think about the difference you want to make. Identify what truly matters to you and take steps to make an impact.
- 3 Foster healthy relationships.** Build connections with others based on mutual respect, empathy and trust.
- 4 Find your flow.** Engage in activities that you are passionate about and that bring you joy.
- 5 Enjoy your accomplishments.** When you achieve goals, recognize the hard work that helped you get there.



Scan the QR code to visit Member.MagellanHealthcare.com (enter Principal Core) and select your employer to access your benefits. Or call your Employee Assistance Program at 1-800-450-1327 (TTY 711) to get started.