



Momentum



Join our webinar, *Recharge Your Mental Wellbeing*, on Wednesday, January 8, 2025 at 1:00 p.m. CT. You will learn how to enhance your wellbeing—positively. Scan the QR code to [register now](#).

Reset your energy

The kickoff of a new calendar year is a natural time to desire a clean slate in life. Start fresh with these tips.

- **Let go of last year.** As with the old calendar, say goodbye to the attachments you may have previously held onto, like failures, fears, habits, hesitations and resentments.
- **Be open to reinventing yourself.** Start doing what matters to you the most—every day. It could be the same as what mattered yesterday, but it might not. Regardless, insist on being passionate and happy now.
- **Set some healthier boundaries.** To protect and preserve your energy, set boundaries around what you can do. Do not worry about others' reactions if you decline a request.
- **Strengthen your socials.** Connect with positive people who identify with and understand you.
- **Prioritize your health.** Eat a balanced diet, and get adequate sleep and exercise.



Wellbeing Coaching*

Need a little help overcoming a challenge? One of our certified coaches can help you with a variety of life areas such as career, work and educational concerns, relationships, sleep problems, weight management and more. Your coach will help you clarify your goals, identify obstacles that may be holding you back and develop action-based solutions. 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

January is Mental Wellbeing Month

With the start of a new year, it helps to assess not only your physical health but your mental wellbeing, too. Mental wellbeing serves as a foundation for all your activities, and it is important to get your thoughts and emotions pointed in a positive direction.

- Check in with yourself. If the recent holidays have left you feeling mentally conflicted or rattled, confide in a supportive loved one or a mental health professional. You are not alone!
- Get a gratitude start. While it is easier to spot the negative aspects of life, do not forget to make note of the great gifts you have each day—health, family, friendships, purpose, appreciation of nature and more.
- Ramp up self-care, particularly during stressful times. To unplug from stress, decrease your screen time, get outdoor exercise and spend time with loved ones.
- Take a trip. The bleak midwinter can sometimes be a drag. So, schedule a long weekend away where you take in new sights and sounds. This refreshment is great for your mental wellbeing!

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

Working on Wellbeing

Emotional wellbeing – Managing your emotions

- Your ability to handle daily life and major life events is heavily influenced by your emotional wellbeing. Thus, it is important to find ways to keep your emotions on as even a keel as possible.
- When confronted with uncertainty, know that you have been resilient before and can use the tools of resilience again to minimize your levels of stress and anxiety.

Money Matters

January 2025 financial webinars

Mastering Money Basics

January 14th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

If you want to feel more confident about your finances, consider developing and using a plan with the following components: controlling spending, managing debt, prioritizing savings and maintaining solid credit. Avoiding or losing focus on any of these elements can add stress to your life. This event explains the importance of each one and helps you get started.

Achieving Goals – Success Stories

January 23rd. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

New Year's resolutions falling flat? Goals feeling more like wishful thinking? Don't fret! MSA Money Coaches are here to save the day! This isn't your run-of-the-mill broadcast. Through this webinar, we're giving you a backstage pass to meet our coaches as they provide examples of how people have overcome setbacks plus those inevitable temptations to change one's financial priorities.

Sources: National Alliance on Mental Illness, NPR, NationalToday.com, ZenHabits.net.