

Momentum



Join our webinar, *Foster healthy relationships by setting appropriate boundaries*, on Wednesday, June 11 at 1:00 p.m. CT. Learn how to set clear boundaries and promote open communication with strong relationships. Scan the QR code to [register now](#).

Prioritize your needs

No matter how much you may want to serve and give to others, you can't pour from an empty cup. What does that mean? You must prioritize your own needs before you can be there for others. Here are some ways to get started.

- Give yourself permission to put your needs first, and this goes beyond occasional pampering. Take a step back and focus on your own wellbeing.
- Include self-care *each day*. You can start by scheduling a short self-care activity into your routine. This could be meditating, yoga, journaling, exercising or reading something inspiring.
- Nourish your body by focusing on your diet and sleep habits. Start by choosing one healthy meal a day or setting a consistent bedtime to ensure better sleep.
- Say "no" sometimes. Establish boundaries with your friends, family and colleagues so you can put yourself first when necessary.



Work-Life Services*

Supporting yourself is the first step to thriving at work and at home! Access webinars, live talks and articles to help you navigate major life events and everyday challenges. Get expert guidance on child and elder care, education, parenting and more—so you can find balance and focus on what matters most. 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

Stay mentally strong this summer

During the summer, your mental health can be affected by longer days, oppressive heat and changes in schedules. Here are some ways to keep mentally healthier during those lazy-hazy-crazy days.

- Stay active by going for walks or hikes, or doing yoga outdoors, during the cooler morning hours.
- Make sure you always stay hydrated.
- Sit in the shade and express yourself by writing in a journal. Or, read a stimulating book there.
- Regularly meet with friends and/or family (in cool locations!) to share insights on what's going on your life.
- If you're struggling with an issue such as depression, anxiety, trauma, OCD, substance abuse or relationship problems, reach out to your program for professional assistance.
- Check in on your vulnerable neighbors during heat waves.
- If you're traveling, make sure to refill your prescriptions in advance.

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

Working on Wellbeing

Working on Career Wellbeing

- Career wellbeing is about finding meaning in the work you do, whether it's paid or volunteer. It's easier to feel fulfilled when your tasks align with your strengths and interests.
- Celebrate your successes and the successes of your team. When you find joy in your work, you'll not only perform better, but you'll also help boost morale and contribute to a positive, productive work environment.

Money Matters

June 2025 financial webinars

Mastering Mid-Career Finances

June 10th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Mid-career professionals are generally defined as individuals in their 30s to 50s who are navigating significant financial milestones and challenges. Learn how to manage the threats to long-term security while striking a balance between spending and saving. Key topics include family obligations, estate planning, and retirement planning. We'll touch on understanding risk tolerance and making informed investment decisions that align with individual financial goals. Additionally, we'll address dealing with transitions and unexpected life events.

MSA Insights

June 26th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Master your money with MSA Insights! Join this event to stay ahead of market trends, learn from our expert Money Coaches, and adopt strategies that help you boost your financial wellbeing and overall peace of mind. Are you ready to build the financial future you've always wanted?

Sources: [VeryWellHealth.com](#), [Healthline](#), [Rethink.org](#), [National Center for Drug Abuse Statistics](#), [Alpine Recovery Lodge](#).

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