

Momentum

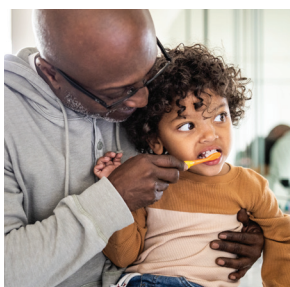


Join our webinar, *Overcome Challenges of Dual Caregiving*, on Wednesday, November 12, 2025 at 1:00 p.m. CT. Learn tips on caring for both your loved ones and yourself. Scan the QR code to [register now](#).

Combat caregiver stress

Taking care of someone you love can be one of the most rewarding parts of life, but it can also feel stressful and tiring. For adults who care for both their children and their aging parents (sometimes called the “sandwich generation”), it can feel like there’s never enough time in the day. Here are some simple tips to help manage the stress:

- **Say yes to help.** Let others pitch in so you can have more time for yourself. This can also make you a stronger caregiver.
- **Stay connected.** Don’t cut yourself off from others. Support groups are a good way to share experiences and get new ideas.
- **Take care of yourself.** Eat healthy foods, drink water, move your body and make sure you get enough sleep.
- **Give yourself breaks.** Ask a trusted friend, family member or trained helper to step in so you can enjoy some time away.



Work-Life Services: Parenting and Child Care Support*

Whether you’re managing caregiver stress while caring for aging parents, navigating childcare options, balancing partnership dynamics during demanding life stages or seeking reliable pet care solutions, your program offers a wide range of resources. From stress management techniques to guides for evaluating care options, you can access the support you need to handle multiple caregiving responsibilities while maintaining your own wellbeing.

*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

November is National Family Caregivers Month

Family caregivers are the unsung heroes who provide vital support to older adults and people with disabilities. In the U.S., over **53 million family caregivers** (up from 43.5 million in 2015) give unpaid care to loved ones—often while juggling jobs, family and their own wellbeing.

- **61%** manage caregiving while working full- or part-time.
- **60 – 70%** are women.
- **72%** skip regular doctor visits because of their responsibilities.
- **41%** report low overall wellbeing, and nearly half (47%) have experienced anxiety, depression or other mental health challenges in the past year.
- **45%** have faced at least one financial hardship due to caregiving.

Experts remind caregivers: you don't need to be perfect. Focus on what you can control, take one day at a time and make space for your own care.

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

Working on Wellbeing

Working on Social Wellbeing

- Those people with social wellbeing have strong interpersonal relationships and have love in their lives that gives them positive energy. It helps to maintain multiple close relationships that encourage you to achieve, be healthy and enjoy life.
- It's wise to cultivate your existing relationships: strengthen your family bonds and nurture your friendships. Always seek out new connections and participate in your community. Share your talents for the benefit of those around you.

Money Matters

November 2025 financial webinar

MSA Insights

Nov. 18th. 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 well-being and overall peace of mind. Ready to build the financial future you've always wanted?

Sources: National Alliance for Caregiving, AARP Public Policy Institute, Caregiver.org, Centers for Disease Control and Prevention, Family Caregiver Alliance.

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