



Momentum



Join our webinar, *Lead with balance to achieve work-life harmony*, on Wednesday, June 25, 2025 at 1:00 p.m. CT. Learn strategies to balance responsibilities while fostering a culture of harmony. Scan the QR code to [register now](#).

Choose work-life satisfaction

As a manager or leader, prioritizing work-life satisfaction not only enhances your personal wellbeing but also sets a positive example for your team. By promoting a balanced work environment, you help reduce stress and increase productivity, fostering a culture of engagement and support. Here's how you can make work-life satisfaction a priority:

- **Model healthy boundaries**—Set a strong example by managing your own work-life balance. Avoid sending emails late at night, encourage breaks and take time off to show that wellbeing matters at all levels.
- **Encourage flexibility**—Support flexible work arrangements, when possible. Whether it's remote work, adjusted schedules or personal time for important life events, this helps staff feel trusted and supported.
- **Foster open communication**—Regularly check in with your team about their workload and stress levels. Create a safe space where staff feel comfortable discussing challenges and asking for support.
- **Encourage time off and breaks**—Remind staff to use their vacation days and take breaks throughout the workday to prevent burnout and maintain long-term productivity.

Work-Life Services*

Supporting your team starts with supporting yourself! Access webinars, live talks and articles designed to help you navigate key life events and everyday challenges—both for yourself and your staff. Explore expert insights on child and elder care, education, parenting and more to foster a healthier, more balanced workplace. 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 paid or not. As a leader, fostering a culture where employees align their strengths and interests with their roles can drive engagement and satisfaction.
- Promote workplace wellbeing by helping your team see the value of their contributions. Celebrate milestones, recognize achievements, and encourage collaboration to build a more motivated and connected workforce.

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: American Psychological Association, Calm.com