



Momentum



Live Webinar— Join us online Wednesday, January 11 for *Mindfulness: Finding Your Purpose and Vision in a Changing World*. Register [here](#).

Finding your purpose

Amidst the fast pace of modern existence, it can be hard to hear your inner voice and live life according to your unique values. Work, family responsibilities and societal expectations can combine to drown out your search for meaning. However, you can live with greater purpose.

- Stop and take stock of your life. Decide if you're adhering to your values or just going through the motions.
- Find a quiet place and listen for your heart's desires. Think: Is there a cause to which I'd like to devote myself? Is there a specific population I'd like to serve? Is there a certain art form I'd love to pursue?
- Sometimes our passions become so buried under life's details that we lose them. Get specific about what fires you up, and try linking these interests to service, e.g., your talent plus helping people = purpose.
- With your new goal, build an action plan with achievable interim steps. Track your progress!



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Contact your Employee Assistance Program at 1-800-327-5048 (TTY 711) or go online to MagellanAscend.com for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

January is National Mental Wellbeing Month

Being mentally well means being in touch with your own emotional health, and proactively taking care of yourself to stay ahead of problems. It also involves having healthy relationships, plus maintaining good coping skills so you can bounce back when challenged by difficult circumstances in life.

- If you're new to working on your mental wellbeing, try taking one small step toward being healthier, and stick with it.
- Each day, make sure to do activities—such as creative hobbies—that are meaningful to you. Identify and work into your schedule the activities that reliably help you relax and recharge.
- Strive to get 30 minutes of exercise per day, plus eat a balanced diet, and get 7–9 hours of sleep nightly.
- Try some mindfulness. Slow down during your day and fully experience the present moment.

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

Working on Wellbeing

Nurture your emotional wellbeing

Our ability to handle daily life and major life events is heavily influenced by our emotional wellbeing

- How you feel affects every aspect of your life, from how you care for yourself, your personal and work relationships, and your ability to carry out everyday activities. People with strong emotional wellbeing learn how to manage stress and anxiety when confronted with challenges.
- They maintain a sense of balance in life, and they stay resilient instead of succumbing to difficult emotions. This helps them thrive in all areas of life.
- To strengthen your emotional wellbeing, focus on developing a more positive mindset by remembering good things you've done, forgiving yourself, practicing gratitude and spending more time with friends.

Money Matters

January 2023 financial webinars

New Year...New You! Financial Resolutions You Can Keep!

Tuesday, January 10. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

With the New Year, it's common to want to start a new financial habit or break a bad one. However, sticking to the plan isn't always easy. Learn tips for setting realistic goals and making it to the finish line.

Your Debt-Free Game Plan.

Thursday, January 26. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

Debt often keeps Americans from reaching their financial goals. Learn to prioritize debt management, including specific debt reduction strategies and SMART goal achievement. Become motivated and more confident about reducing your debt.