



# Momentum



**Live Webinar**—On Wednesday, April 12, join us for *Financial Setback? Regroup & Rebuild*, a webinar that can help you restore your finances in multiple areas and prevent future setbacks. Register [here](#).

## Financial wellbeing

Financial experts generally define financial wellbeing as a state where you can manage your bills and expenses, pay your debts, weather unexpected emergencies and stay on track with your long-term financial goals. It's also about managing your thoughts and emotions around money.

- Remember that defining your self-worth simply by how much money you have can be harmful to your emotional health.
- Set financial priorities. Decide what matters most to you in life, and think through how you can align your current financial situation with those priorities.
- If you have a partner, convening regular money talks with them will help avoid money conflicts.
- Keep track of your numbers, such as income, expenses, savings, retirement goals and debt. If debt is a problem for you, work with a money coach to develop a debt reduction strategy.
- A money coach can offer expert advice on how you can reach various goals, from investing in education to saving for retirement.



### Money coaching

Are you stressed enough about money that you're afraid to face and fix your financial situation? Through your program, you have access to Financial Wellbeing where you can get guidance from an experienced, unbiased Money Coach. Coaches can help you with student loan or consumer debt, budgeting, tax strategies and much more. Visit your member website to get started.

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



## Mind Your Mental Health

### April is National Stress Awareness Month

Stress can be sneaky. Sometimes we don't even realize we're in a battle with physical, mental and/or emotional strain. This month's health observance encourages everyone to heighten their awareness of stress, particularly when it's long-lasting. Here are some ideas.

- **Take action.** Use stress management techniques that have worked for you previously, and seek out new practices if you're still struggling.
- **Revel in nature.** Studies show that experiencing nature reduces anger, fear and stress, while increasing pleasant feelings.
- **Exercise regularly.** Whether you bike, lift weights or take walks, exercising will keep you strong and resilient, increasing your ability to fight stress.
- **Try some aromatherapy.** Aromatherapy uses aromatic essential oils to medicinally soothe the body and mind; it can decrease anxiety and improve sleep.
- **Have a hearty laugh.** Laughter defuses distressing emotions and helps you shift perspective, allowing you to see situations in a less threatening light.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### Where financial fitness fits

- The ways in which you manage, spend and save your money can have a significant impact on your overall wellbeing. When you're financially healthy, you're not saddled with daily stress and worry over finances, debts, etc.
- People with high financial wellbeing manage their personal finances with skill, and spend their money wisely. They value gaining experiences more than material possessions, they give to others instead of spending on themselves, and they're generally satisfied with their overall standard of living.
- We can all do something to improve our financial wellbeing. Take time to learn financial management skills, such as budgeting and spending, understanding your credit, buying a home, growing a family or planning for retirement.

## Money Matters

### April 2023 financial webinars

#### The Financial Wellness Playbook

Tuesday, April 11. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)  
Learn the money habits commonly practiced by people who have little financial stress in their lives. Develop action plans to target the habits you'd like to improve.

#### Investing: Education for Beginners

Thursday, April 27. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)  
Examine how various investment accounts can help you achieve your personal savings goals. Learn how mutual funds, stocks, bonds and other types of investments work. Pick up action steps so you can apply what you've learned.