



Momentum



Live Webinar—Join our Wednesday, May 10 webinar, *Managing Life's Micro-Stressors*, to learn how to cope with the accumulation of small yet tedious daily challenges. Register [here](#).

Managing stress

Modern life generates more types of stress now than ever before. Social scientists even point to “micro-stressors”—the countless uncomfortable intrusions on our peace of mind throughout the day—many of which we don’t even notice or acknowledge. Consider these stress management tactics.

- **Prioritize self-care.** Strive to eat nutritious food, get adequate rest, exercise regularly and engage in stress-relieving techniques like meditation, yoga, deep breathing or stress journaling.
- **Talk things out.** Share your struggle with someone who can listen and empathize with your situation. This helps calm the nervous system and reduce tension.
- **Set limits.** Many people get in the habit of trying to help and do too much. However, there’s no harm in telling others that you’re feeling depleted and can’t take on new tasks.
- **Build in balance.** Be sure to seek meaning and satisfaction in your personal life—via your family, friends, creative hobbies or spiritual practice.



Counseling*

When life presents you with problems that you’re having difficulty resolving on your own, counseling can help. Counseling provides a convenient, confidential, safe and non-judgmental environment to work on issues and learn new coping skills. Struggling alone and doing nothing is never the answer. Visit your member website to get started.

**Eligibility based on your specific program benefits*

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

May is Mental Health Month

Traditionally, people often hesitated to seek help or even talk about mental health for fear of being judged and facing backlash. However, the issue is now entering more and more of our daily conversations. We're making progress.

- Talking with others about mental health and medications helps normalize the process of getting behavioral health care — which is just as important as treatments for physical illness.
- The average delay between symptom onset and obtaining treatment is 11 years, meaning a lot of people still spend months or years facing mental health problems before being diagnosed and treated.
- Addressing mental health symptoms early is critically important for your overall health.
- When facing a mental health concern, it's common to feel like no one understands what you're going through. However, you aren't alone. Help is available, and recovery is quite possible.

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

Working on Wellbeing

Contributing to community

- One of the essential elements of wellbeing is that of community. Taking pride in one's local environment and helping the community head in the right direction can make a good life great.
- People with high community wellbeing generally feel safe, secure, healthy and supported where they live. To do the same, identify how you could help the community based on your strengths and passions. You could start by making small contributions that lead to more of your involvement and greater impact.
- If you're not sure where to start, find out about what is happening close to you. See if your employer has volunteer events planned. Look on your town's social media pages. Check out national volunteer databases like VolunteerMatch.com.

Money Matters

May 2023 financial webinars

Balancing Your Financial & Emotional Wellbeing

Tuesday, May 9. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)
Stress is something everyone experiences. Financial and emotional strains are often simultaneous and can significantly influence your life. This webinar will walk through common financial and emotional challenges and offer tips on how to manage them, including getting assistance from professionals.

Mortgage Basics

Thursday, May 25. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)
Obtaining your mortgage doesn't have to feel overwhelming. This webinar will simplify the major components of a mortgage, explaining where to start and the requirements of various loan options. We'll also examine interest rates, closing costs and the fees involved in getting a loan.