




Momentum

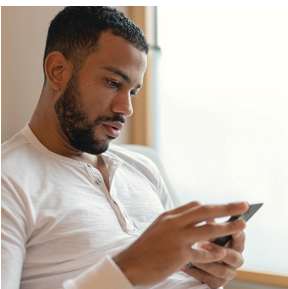


Join our webinar, *Embrace Self-Compassion*, on Wednesday, July 9, 2025 at 1:00 p.m. CT. Discover practical ways to treat yourself better each day. Scan the QR code to [register now](#).

Improve your self-esteem

Self-esteem means the degree to which we value ourselves. Building self-esteem starts in childhood and continues throughout our lives. If your sense of self-esteem isn't high, you can improve it! When you feel doubts about your abilities, it's time to identify and value your strengths.

- People with poor self-esteem tend to be critical of themselves and may hold harsh (and untrue) beliefs about themselves. They often focus more on their perceptions than facts.
- Try to avoid all-or-nothing thinking, seeing things as either all good or all bad (if you fall short of perfect, you label yourself a failure).
- Identify instances of negative "self-talk" that cause you to see yourself as not worthy. Instead, note your strengths, special talents and unique parts of your personality.
- Enjoy your wins. Did you practice some positive self-talk today? Did you overcome negative beliefs or face one of your fears? Embrace those confident feelings.



Virtual Counseling Powered by BetterHelp*

If you're feeling overwhelmed, stuck or just not quite yourself, you're not alone—and you don't have to face it alone. BetterHelp makes it easy to connect with a licensed counselor. Whether you prefer text message, live chat, phone or video sessions, you'll get expert, compassionate support tailored to your needs. It's confidential, convenient and designed to help you feel better—one step at a time. Visit your [member website](#) to learn more.

**If available through your program.*

Contact your Employee Assistance Program at 1-866-580-9046 (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

The impact of nutrition on mental wellbeing

Good nutrition has a major impact on your mental health and wellbeing. Certain foods and nutrients help your brain make chemicals that can improve your mood, attention and focus, while less healthy foods sap your energy.

- Foods that provide a quick energy boost but can leave you with low energy and mood later on include flour-based items such as breads, crackers and baked goods, plus sugar-sweetened beverages and snacks.
- A meal that effectively fuels your mood is one that combines complex carbohydrates with lean proteins and colorful produce. For example, complex carbohydrates from whole foods (like sweet potatoes, rolled oats, beans and quinoa) can boost the feel-good chemical serotonin in your brain.
- Protein consumption (from foods like fish, beef, chicken, turkey, tofu, beans, eggs and unsweetened yogurt) has been linked to higher levels of dopamine and norepinephrine—brain chemicals that impact your mood, motivation and concentration.
- Fruits and vegetables are high in nourishing vitamins, minerals and antioxidants and have also been shown to boost happiness.

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

Working on Wellbeing

Working on Emotional Wellbeing

- Being emotionally well is key to your overall wellbeing. People with high emotional wellbeing know and apply their natural strengths, are resilient when faced with challenges, and regularly utilize positive self-talk.
- Support your emotional health by learning things outside of your comfort zone, connecting supportively with others, being physically active, offering forgiveness, embracing your successes and being kind to yourself and others.

Money Matters

July 2025 financial webinars

Retirement: Late Career Decisions

July 8th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

For a satisfying retirement, it's important to integrate your finances with your passions and priorities. What do you imagine for your retirement lifestyle and expenses? Whether you're on track with savings or not, your current decisions will impact whether you can sustain the future you envision. Learn how you might assess where you'll live, your travel expenses, funding new skills and hobbies, opportunities to give back, and the implications of different lifestyle decisions.

MSA Insights

July 24th. 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?