



Momentum



Join our webinar, *Manage Stress in Uncertain Times*, on Wednesday, February 12, 2025 at 1:00 p.m. CT. Learn to keep your emotions in check when faced with difficult changes. Scan the QR code to [register now](#).

Adapt to change

While it's natural to resist change, clinging to the status quo can often stifle growth and innovation. Embracing change, even when it's challenging, can lead to new opportunities and personal development. Consider these tips:

- **Be patient with yourself.** When a "new normal" arrives, allow yourself to be temporarily sad or worried. Everyone adjusts to change at different rates.
- **Explore your thoughts.** Take time to check in with your emotions and acknowledge what you are feeling.
- **Prepare for the new normal.** Reframe your thoughts in a positive direction, and take some action that gives you forward momentum in relation to the change.
- **Manage the stress of change.** Change and stress go hand in hand. Practice relaxation techniques, meditate, work out or use other stress-reducing tactics.
- **Cultivate a positive inner circle.** Spend time with others who, instead of draining you with negativity, are adapting and moving forward.



Counseling*

Sometimes you need expert guidance to help you get through difficult times. When this occurs, tap into the counseling resources that are part of your program. Our licensed professionals can help you navigate stress, relationship issues, grief, parenting, substance misuse and more. 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

February is Boost Self-Esteem Month

Whether we believe in the concept of self-esteem or not, it is clear that feeling good about ourselves contributes to overall well-being. High self-esteem is associated with positive emotions, strong relationships, and a sense of purpose. Conversely, low self-esteem can lead to negative thoughts, feelings, and behaviors. So, how can you stay on the good side of the self-esteem ledger?

- Remember your “wins.” Remind yourself of the remarkable things you have done, no matter how insignificant they may seem. Know that you can succeed again!
- Always build a better you. As you examine your vision for the future, keep developing positive habits that help you achieve those desires. You’ll experience personal growth, plus meet your goals and achieve new heights.
- Wield compliments well. When someone praises you for your qualities or a job well done, fully accept those thanks and pass them on to help others feel good as well. Positivity is contagious!
- Don’t seek perfection. Remember that everyone makes mistakes sometimes. Pick yourself back up and keep pursuing your goals. They’re worth it!

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

Working on Wellbeing

Emotional wellbeing – An essential element of resilience

Here are some strategies to enhance emotional wellbeing and adapt to change:

- Practice mindfulness: mindfulness techniques like meditation and deep breathing can help you stay present and reduce stress.
- Set realistic goals: break down large goals into smaller, manageable steps.
- Prioritize self-care: make time for activities you enjoy, such as hobbies, exercise, or spending time in nature.

Money Matters

February 2025 financial webinars

Smart Tax Moves: Understanding Tax Returns

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

This event is an overview designed to help you better understand and feel more confident about the tax filing process. Learn about the basics of tax returns, such as determining your filing status and calculating your taxable income, and more advanced topics like tax deductions and credits. We’ll also explore the different types of tax returns, including federal and state returns, and how to file each one.

Tips for Tough Conversations

February 27th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Does the thought of necessary money conversations make you want to run for the hills? Our Money Coaches are here to turn that financial frown upside down! They’re armed with examples of conversation starters and tactics that have led to open and effective financial discussions. Whether you’re negotiating an allowance with your child, trying to create a budget with your partner, or talking about estate planning with a parent, don’t miss these insights!

Sources: [Success.com](#), [PsychCentral.com](#), [NationalToday.com](#).