



Momentum



Join our live webinar, *Resiliency for the Working Parent*, on Wednesday, June 10, 2026, at 1 p.m. CT. Get valuable resources to prevent burnout, develop resiliency and maintain a healthy work-life balance. Scan the QR code to [register now](#).

Grow together through challenges

As a working parent, you juggle two demanding roles at once, showing up daily for your family and striving to bring your best self to work. Whether the day goes smoothly or gives way to chaos, your ability to bounce back and manage it all is vital for your wellbeing.

- **Start with self-compassion:** Cut yourself some slack. You won't always be perfect, and that's okay. Treat yourself with the same kindness you would show to a friend.
- **Build a support network:** You don't have to do everything alone. Identify a friend, family member or neighbor you can lean on, and ask for help before you get overwhelmed.
- **Set boundaries:** Protect your energy by saying no to non-essential commitments. You can't be at every event or volunteer for every school function. Choose what matters most and let go of the rest without guilt.
- **Take a time-out:** When stress builds up, recharge with small breaks. A five-minute walk, deep breathing or a quick call with someone you trust can help you reset with a clearer mind.



ThinkHero/ThinkWarrior*

If your child struggles with worry or fear or has trouble sleeping, ThinkHero (ages 6 – 12) and ThinkWarrior (ages 13 – 17) can help them build lifelong skills for coping with anxiety. These clinically validated digital cognitive behavioral therapy programs are private, easy to use and available anytime on mobile. Visit the Digital Emotional Wellbeing page on 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 Member.MagellanHealthcare.com for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

Take care of you, too

Working parents carry a unique mental load that blends professional pressure, family duties and the constant sense that you need to be “on” for everyone. The struggle you may feel is because you’re doing so much, not because you’re doing something wrong.

As we recognize Juneteenth, a moment in our nation’s history that reflects resilience, liberation and the ongoing pursuit of opportunity, it’s also a meaningful reminder to pause and care for our own wellbeing. Awareness is the first step toward protecting your mental health and building a more sustainable rhythm. While they don’t necessarily mean something is wrong, here are a few signals that it’s time to slow down and check in with yourself:

- Feeling unusually irritable or overwhelmed
- Loss of interest in things you normally enjoy
- Trouble concentrating or making decisions
- Feeling disconnected from work, family or both
- Changes in sleep or appetite

Visit the [Mind Your Mental Health page](#) on your member website or call your program for confidential mental health resources.

Working on social wellbeing

Being a busy parent and professional whose life often revolves around other people’s schedules can sometimes feel isolating. Build a support network of at least two people you can turn to when you need help or a break.

- **Choose people who make you feel safe, respected and genuinely listened to**, and let them know that you’d like to include them in your support circle.
- **Describe the signs that might indicate you’re stressed** and how they can best support you.
- **Ask for help before you become overwhelmed** to prevent a stress snowball.

Financial wellbeing webinars

A Guide to Smart Homebuying Decisions

June 9. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Buying a house could be one of the largest purchases you ever make. This event will help you navigate the process. We’ll cover topics like budgeting, financing options, finding a real estate agent and more. You’ll also learn about avoiding common pitfalls and different types of mortgages. Additionally, we’ll explore some financial benefits, such as potential tax advantages and building equity.

MSA Insights

June 25. 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 wellbeing and overall peace of mind. Ready to build the financial future you’ve always wanted?