



# Momentum



Join our live webinar, *Workplace Trauma*, on Wednesday, March 25, 2026, at 1:00 p.m. CT. Learn how to respond to the various types of traumas seen in the workplace including traumatic stress, PTSD, grief and organizational trauma. Scan the QR code to [register now](#).

## Building your strength as a leader

Great news: Resilience isn't something you're born with—it's a skill you can develop! As a leader, being resilient means staying effective under pressure and helping your team do the same. Here are practical ways to strengthen your resilience:

- **Draw on your track record.** When facing challenges, remind yourself of past successes. Reconnecting with your proven capabilities builds confidence and helps you focus on solutions.
- **Create a culture of support.** Stay tuned in to your team's wellbeing. When you notice stress, reach out with a check-in or helpful resources. It makes a real difference.
- **Practice emotional awareness.** Being authentic doesn't mean hiding your feelings—just managing how you express them. Responding thoughtfully rather than reacting impulsively sets a healthier tone.
- **Celebrate and appreciate.** Acknowledge hard work and express genuine gratitude. When people feel valued, they're more motivated to push through challenges together.

Remember: developing resilience is a journey. Every step you take makes you a stronger, more effective leader!



### Counseling\*

Life can be challenging, but getting support doesn't have to be! Confidential counseling services are here to help you navigate stress, relationship concerns, grief, parenting challenges, substance use issues and much more. Your program offers both in-person and virtual therapy through a nationwide network of licensed, trained mental health professionals.

*\*If available through your program.*

Contact your Employee Assistance Program at 1-866-580-9046 (TTY 711) or go online to [Member.MagellanHealthcare.com](http://Member.MagellanHealthcare.com) for confidential, no cost help available 24/7/365 for you and your household members.



## Mind Your Mental Health

# National Drug and Alcohol Facts Week

Understanding substance use trends helps us support those who need it most. Held each March, National Drug and Alcohol Facts Week encourages conversations about substance use and addiction, especially with young people. Here are some key facts about current trends:

- Of the 29.8 million people with alcohol use disorder, fewer than 8% receive treatment.
- Alcohol contributes to nearly 178,000 U.S. deaths annually.
- Drug overdoses have claimed 1.15 million American lives since 1999.
- Youth addiction risk increases with factors like unstable home environments, parental substance use, peer influences, and academic struggles.
- About 27.2 million Americans aged 12+ experienced a drug use disorder in the past year.

If you or a loved one needs help with drugs or alcohol, contact your program for a confidential assessment and care guidance.

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

## Working on emotional wellbeing

As a leader, how you feel emotionally has a real impact on how you respond to change and uncertainty.

- **Build your impulse control.** When tough news comes your way or you face criticism, give yourself a moment before responding. Take a deep breath—it really helps create space for a more thoughtful reaction.
- **Foster a supportive team culture.** When you create an environment where people can express emotions in healthy, constructive ways, you help prevent negativity from spreading through the team.
- **Own your reactions.** We all have moments where we don't respond as well as we'd like. Acknowledging and apologizing for those times strengthens your credibility and shows your team that it's okay to be human.

## Financial wellbeing webinars

### Unlocking the Power of Your Credit

March 10. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Credit can be a powerful tool when used responsibly, but it can also lead to debt if not managed properly. This event will highlight the benefits of a high credit score and review debt reduction strategies to help improve your debt-income ratio. Realize the freedom of having your credit score work in your favor and maintaining manageable monthly debt payments.

### MSA Insights

March 26. 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?