



# Momentum



**Live Webinar**—Join us Wednesday, August 9 for *Parenting with Your Best Self* to get ideas on how to positively nurture your family and yourself. Register [here](#).

## Caring for yourself and others

When you consider the concept of caring for yourself, does it seem frivolous or even unnecessary? It shouldn't. Particularly if you're caring for a family, it's important to look after your own wellbeing each day. By doing so, you're helping your loved ones just as much as yourself.

- Try starting small by doing one thing every day that improves your mental or physical health in some way. You could meditate or take a walk after dinner.
- Experts recommend finding a mix of activities that help you feel balanced and fulfilled.
- Regularly make firm plans to have lunch or see a movie with a friend.
- To keep your self-care from falling by the wayside, enlist your partner or a babysitter to take over if you're out. Children benefit from spending time with other caring adults.
- By eating well, sleeping enough and fitting in some "me" time, you'll be better able to care for those in your charge.



### LifeMart Discount Center\*

Life sure is expensive these days. Get some help! The online members-only LifeMart® Discount Center is a great place to get exclusive deals. Save up to 60% on major expenses—vacations, vehicles, senior care, tuition and more—plus everyday essentials like groceries, food delivery, electronics, fitness plans and restaurants. Visit your member website to get started.

*\*Eligibility based on your specific program benefits*

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



## Mind Your Mental Health

# August is Back to School Month

If you have children, summer's end may find them resembling sloths, not scholars. National Back to School Month helps get kids back into the school groove.

- The back-to-school push is a big change, particularly if children are attending school for the first time or switching schools. Review with them your expectations for the morning and evening routines, homework, phone and TV limits, and more.
- Emphasize good eating, sleeping and exercise habits as kids return to school.
- If a young child will be attending a new school this year, request an advance tour of the facility with them. This helps de-mystify the environment.
- Children are prone to some separation anxiety. Kids take their cues from you, so if you're calm and optimistic when school is starting, they'll feel more confident. Talk to them about fears they may have, listen empathetically, and assure them they'll do great this year.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### Social wellbeing

- Your wellbeing is powerfully influenced by the people around you. Social wellbeing is about having strong, loving relationships with people in your life who encourage you to be healthy and successful in your activities.
- People with high social wellbeing are often surrounded by others who accept them for who they are and treat them with respect. These healthy affirmations equip them with positive energy. When you extend love and respect to others, positive energy returns to you.
- Did you know... With every hour of social time, up to six hours, daily mood continues to improve? Social time includes in-person, online and over the phone. The ideal amount of social time varies by person.

## Money Matters

### August 2023 financial webinars

#### Social Security & Your Retirement Plan

Tuesday, August 8. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)  
We contribute to the Social Security system through payroll deductions, but we don't always know our options for taking those distributions after retirement. This webinar reviews how benefits are calculated and recommends when to start receiving distributions.

#### Money Basics: Let's Build a Plan

Thursday, August 24. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)  
To feel more confident about your personal finances, adopt a plan that has four components: controlling spending, managing debt, prioritizing savings and maintaining good credit. Learn how to get started and cut your financial stress.