

# Momentum



Join our webinar, *Defending your wellbeing after trauma*, on Wednesday, December 11 at 1:00 p.m. CT. We'll examine coping strategies you can use after experiencing a trauma. Scan the QR code to [register now](#).

## Defending your wellbeing

Everyone experiences negative thoughts from time to time. These pesky little mind bugs can cast a shadow on our day, leading us to miss out on opportunities and dampen our spirits. Fortunately, you can combat negative thinking and improve your outlook.

- Negative thoughts can arise in response to a real trauma or an imagined slight.
- Defending your wellbeing doesn't mean never having negative thoughts; it involves learning to identify them and realizing they're not the full truth.
- Recognize when a negative thought appears. Slow things down by taking a deep breath and counting to five.
- Ask yourself if there's real evidence to support the dour thought. Is there a more positive or neutral perspective you could take?
- Replace the pessimism with a more realistic version of your thought. "It's not likely that James is mad at me; they probably didn't answer my text because they're busy at work."



### Wellbeing Coaching\*

Learn how to defend your wellbeing and unlock your full potential with the help of a coach. Coaching is available by phone or video and is completely confidential. A wellbeing coach can help you define and clarify your personal and professional goals, providing you with a clear roadmap to follow. Learn how to identify and address any barriers or challenges that are preventing you from achieving your goals. 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](https://MagellanAscend.com) for confidential, no cost help available 24/7/365 for you and your household members.



## Mind Your Mental Health

### December is National Stress-Free Family Holidays Month

As the holiday season approaches, it's natural to feel a mix of excitement and stress. Here are some strategies to help you manage stress and enjoy a more peaceful holiday experience:

- *Lighten the mood:* Avoid harsh criticism and heated debates during the holidays. Focus on keeping things positive and lighthearted.
- *Maintain a healthy lifestyle:* Make small, manageable changes to your diet and exercise routine to stay healthy and energized.
- *Anticipate challenges:* Think about potential stressful interactions and plan how you'll respond calmly and constructively.
- *Set realistic expectations:* Don't strive for perfection. Simplify and downsize holiday plans to reduce stress.
- *Honor loved ones:* Take time to remember and grieve any loved ones you've lost this year.
- *Build a support network:* Identify a trusted friend or colleague you can reach out to if you're feeling overwhelmed.

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 – Learning to say no

- Give yourself permission to say no to requests. If it helps, actually practice saying no. Use gracious statements and kind words: "Thanks a lot for the invite, but I prefer to stay home this time."
- Be calm but firm when declining a request. If you have emotions around the situation, breathe deeply (a long breath in through your nose and out through your mouth) several times before responding.

## Money Matters

### December 2024 financial webinar

#### Smart Tax Moves: Opportunities to Save

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

This event looks at several tax planning strategies that many people don't take full advantage of even though they qualify. These include making sure you have the appropriate tax withheld, maximizing your retirement plan contributions, and investing with taxes in mind. We recommend that before you take any tax action, consult with a tax expert to see how these tax planning tips would apply to your specific situation.

Sources: Healthwise, Calm.com, Families for Depression Awareness, American Heart Association.