

Momentum



Live Webinar—On Wednesday, June 14, join our webinar: *Rediscovering Joy at Work*. Tap into your true motivations, build your strengths and pursue professional growth. Register [here](#).

Finding joy at work

Sometimes it can be hard to remember the optimistic motivations that originally inspired your career choices. That spark can fade. However, rediscovering joy at work is possible. Try reconsidering your unique strengths and abilities, and ask yourself if you're getting the most out of your talents. If you're not sure, consider these ideas for reclaiming joy.

- Even if you're uninspired at work, don't disconnect from those around you. Instead, show interest in their lives. By extending yourself, you'll receive mutual support that can help you through tough times.
- Spot growth opportunities. Rather than simply protecting yourself from failure on the job, volunteer to tackle new projects or other tasks.
- Compliment your peers who've done great work. Offering praise is easy, and it circles back to you in positive ways.
- Share a smile and a laugh. Some tasteful humor in the moment at work helps cut tension and puts others at ease.



Work-Life Services*

Save time and money on life's most important needs. Access webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges for parents and seniors. Topics include: child and elder care, education, parenting and more. 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 for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

June is LGBTQIA+ Pride Month

June is a time for members of the LGBTQIA+ community (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual and related) to come together to celebrate their identities and assert their rights.

- Pride Month is an opportunity to raise awareness of current issues facing the LGBTQIA+ community. Be a role model for kindness and inclusion. Don't tolerate hateful speech.
- Pride events occur throughout the month of June in communities worldwide, with activities including parades, demonstrations, dance parties, festivals and community days.
- Whether you're a person who lives an LGBTQIA+ lifestyle or you just want to be supportive, this is a great time to show appreciation for people who love you just as you are. Beyond just learning definitions, build relationships. While it's important to understand the terminology, the higher priority is to build trusting relationships with LGBTQIA+ individuals so they feel safe.

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

Working on Wellbeing

Career wellbeing

- Throughout the endlessly diverse world of work, people gain the most satisfaction when their jobs or volunteer roles match their talents, and they can enjoy what they do.
- Elements of career wellbeing include being able to wake up every morning and have something challenging to look forward to, and working at something that fits your strengths and interests. It also includes having colleagues who share your passions, and having a leader who motivates you to excel and be enthusiastic about the future.
- The demands of working and having a personal life are an ongoing challenge. Set limits on both so you can be present and have time for the relationships and activities you enjoy.

Money Matters

June 2023 financial webinars

Dreaming of Retirement

Tuesday, June 13. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

Many people can't wait for retirement, yet they spend more time planning their vacations than establishing retirement plans. To attain your desired retirement lifestyle, you may need to calculate whether you'll have the necessary income and assets to reach your retirement dreams.

Financial Forum

Thursday, June 22. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

Finances are vital to everyone, so this live forum will address myriad financial topics. Panelists will respond to questions ranging from credit, saving for emergencies, retirement, student loans, college and more. If you have a specific question, you can submit it when you register for this event.