



Momentum

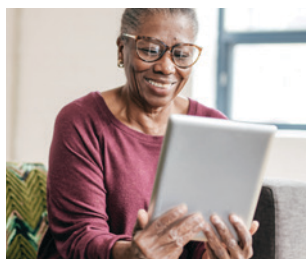


Live Webinar—On Wednesday, March 8, join us for *Self-care Isn't Selfish*. Learn tips on valuing self-care, improving your emotional balance and working self-care practices into your day. Register [here](#).

Prioritizing self-care

Self-care isn't selfish. Instead, it's defined as making a commitment to activities that support your emotional, physical and spiritual health. If you take care of yourself first, you'll have more energy to effectively care for others. Consider adopting these elements of self-care.

- Follow healthy habits in sleep, diet and exercise. Drink plenty of water.
- Schedule at least 15 or 20 minutes of "you" time each day for creative hobbies or spiritual practice—whatever means a lot to you on a personal level.
- Take breaks throughout the day to stand up, stretch and move. This helps recharge your creativity.
- Set boundaries on your time and say "no" to requests sometimes. If something doesn't fit with your priorities right now, you can gracefully decline.
- If you have a life partner, be sure to take a little one-on-one time each day to stop and share stories from your day. This helps keep your relationship healthy, intimate and supportive.



Self-Care Programs

When it comes to your emotional health, finding the care and support you need can be hard. Online programs are available for a variety of conditions including chronic pain, anxiety, depression, insomnia and substance use disorder. Programs are confidential and available to complete at your own pace, 24/7/365. Visit your member website to get started.

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

National Drug and Alcohol Facts Week in March

During the fourth week of March, this observance aims to counteract myths about substance use and addiction, while educating people about the current science on substance use. Some facts:

- Only 10–20 percent of people in the U.S. who need treatment for substance abuse actually receive care.
- Fentanyl is a factor in 53 percent of U.S. overdose deaths. There were 42,700 fentanyl overdose deaths in 2020.¹
- Among the 138.5 million Americans who are current alcohol users, 61.6 million people (or 44.4%) are classified as binge drinkers and 17.7 million people are classified as heavy drinkers.²
- Traditionally, alcohol and drug problems weren't treated until the individual "hit bottom" after their substance misuse became a crisis. However, mild substance use disorders can also be treated, and early intervention can prevent severe disorders later.

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

1. National Center for Drug Abuse Statistics.

2. Substance Abuse and Mental Health Services Administration (SAMHSA) 2020 National Survey on Drug Use and Health.

Working on Wellbeing

Focus on your physical health

- Your physical wellbeing is about managing your health so that you have the energy to do all the things you want to do. If you adopt healthy habits and make smart lifestyle choices, you'll feel better, have more energy, look better and live longer.
- Strive to get regular exercise. Make good dietary choices to keep your energy high and your thinking sharp. Get adequate sleep so you enjoy a good morning start daily.
- The short-term choices we make can have a long-term effect on our overall physical health. It's never too late to improve your health!

Money Matters

March 2023 financial webinars

Women & Money

Tuesday, March 14. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

As the wealth gap narrows between women and men, women still face certain distinct financial challenges. Learn action steps to improve your financial wellness. Incorporate emotional intelligence as well as technical aspects of money management to help your finances reach their highest potential.

Getting & Keeping Good Credit

Thursday, March 23. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

Credit scores impact personal finances in more ways than most people realize. You want your credit score to be "excellent." Learn the criteria underlying credit scores, plus how to boost your score, establish new credit and recover from credit challenges.