

Momentum



Join our webinar, *Set Goals to Overcome Self-Doubt*, on Wednesday, August 13, 2025 at 1:00 p.m. CT. We'll discuss how to set achievable goals and overcome obstacles. Scan the QR code to [register now](#).

Overcome imposter syndrome

Although imposter syndrome isn't a clinical diagnosis, its effects are very real. Studies show that over 80% of adults experience feelings that they haven't truly earned their achievements and fear being seen as a fraud. Sound familiar? Here are a few things that can help:

- Stick to the facts. Pay attention to your inner dialogue. When imposter thoughts (also called cognitive distortions) creep in, ask yourself how you'd respond to a friend in the same situation, then offer yourself that same kindness.
- Focus on progress, not perfection. See setbacks as opportunities to grow, and practice self-compassion.
- Seek realistic feedback and support. Talking to someone you trust, or a professional, can help shift your mindset.
- Celebrate your wins. Regularly remind yourself of your strengths and accomplishments. Save positive feedback and revisit it when self-doubt strikes.



Wellbeing coaching*

Looking to make a positive change in your life? You have access to no-cost, confidential support from a wellbeing coach who can help you clarify your goals and overcome obstacles in areas like career, relationships, sleep, healthy weight and more. Coaching sessions are available by phone or video. 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 for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

National Back to School Month

As summer winds down, it's time to gear up for the school year ahead. Here are some tried-and-true tips to make the transition smoother for both kids and parents:

- Start easing into the school routine early—adjust bedtimes gradually a week or two before the first day.
- If your child is starting at a new school, schedule a tour to help them feel more comfortable in the new environment.
- For nervous kids, share encouraging stories (even your own!) about overcoming back-to-school jitters.
- Keep everyone on track with a visible family calendar in a common space like the kitchen.
- Fuel focus and energy with a healthy breakfast that includes protein.
- Set up a consistent, distraction-free space at home for homework and study time.

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

Working on Wellbeing

Working on Career Wellbeing

Career wellbeing means doing meaningful work that fits your strengths and feeling supported while doing it. But even high achievers can struggle with imposter syndrome. If self-doubt creeps in:

- Focus on facts, not fear. Track your wins and revisit positive feedback.
- Talk to a mentor or peer for perspective.
- Remember: your work matters, and so do you.

Confidence grows when you align with purpose and recognize your progress.

Money Matters

August 2025 financial webinars

Estate Planning: Financial Basics

Aug. 12th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Many people put off estate planning until it's too late. We'll provide practical tips for creating a plan that reflects your values and goals. We'll cover various financial factors and tools that can help protect your assets and ensure your wishes are carried out—like wills, trusts, powers of attorney, and healthcare directives. Join us to learn how you can start securing your legacy today.

MSA Insights

Aug. 28th. 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 well-being and overall peace of mind. Ready to build the financial future you've always wanted?