



Magellan
HEALTHCARE®

Momentum

Building a thriving life

While it's common to focus on just getting through each day—or basic survival—there's a higher path available to you if you choose it. Researchers have studied people who seem to consistently thrive (rather than just survive) and they've identified several core elements of a vibrant, healthy life. Are you ready to go there?

- Thriving individuals often experience a continuing sense of personal development, resulting in becoming experts in specific activities of focus. Essentially, they come to feel good about themselves and how they apply their skills.
- They're able to accept where they are in life, while also being able to visualize and take concrete action steps toward greater possibilities.
- They're committed to improving their knowledge, resilience, openness to new experiences, physical health, relationships and willingness to work through uncertainty.

Consider these attributes as you work on becoming the best possible version of yourself!

Additional sources: Healthline, Medical News Today, Creating Your Health, DaysOfTheYear.com, Forbes.

When you contact your program

We're ready to help you thrive! When you call your program, a representative will ask questions to understand your unique situation and work to provide you with the best help possible to meet your needs. You can also visit your member website to get started with a variety of services including therapy, a digital emotional wellbeing program, legal services, financial wellness, identity theft resolution, work-life services and more.

Contact your program

24/7/365

for confidential, no-cost help
for you and your household
members.

Live Webinar—Join us online
Wednesday, January 12 for *Your
Program: Benefits to Help You Lead a
Thriving Life*. Register [here](#).

Employee Assistance Program
1-800-327-5048 (TTY 711)
MagellanAscend.com



Mind Your Mental Health

January is National Get Organized Month

Studies show that people waste up to an hour every day, on average, searching for things that they've misplaced. The new calendar year is a good time to enhance your organization skills, so your life runs more smoothly.

- Begin by assessing areas where you spend most of your time. Do your work and/or leisure spaces feel stale and burdensome to you? Target them first for clutter cutting.
- Set up clearly labeled bins, boxes, jars and other such containers. Keep frequently used items close by in labeled containers and stow rarely used items away in labeled containers.
- Work hard to discard. Don't hesitate to recycle, donate, shred or sell items you're not using.
- Make a habit of placing commonly used objects like your keys, phone, purse, wallet and sunglasses in one place only. This will help eliminate panicked, last-minute scrambles.

Visit www.MagellanHealthcare.com/About/MYMH or call your program for confidential mental health resources.

Working on Wellness

Start an exercise routine

- Whether you choose aerobic, resistance, calisthenic or stability and balance exercises (or a combination), set small, achievable goals to stay motivated. Incorporate exercise into your daily routine. You'll stay with it better if you can make it fun.
- To further maintain your motivation, mix up your workouts, join a gym or try participating in a team sport. Be sure to track your progress. Also, stay hydrated, eat a balanced diet, warm up before exercising, and cool down afterward.

Money Matters

January 2022 financial webinars

New Year... New You! Financial Resolutions You Can Keep
January 11th. Register here: [9 am PT](#) | [12 pm PT](#)

Learn tips for setting realistic goals and making it to the finish line.

It's My Budget & I'm Sticking to It!

January 27th. Register here: [9 am PT](#) | [12 pm PT](#)

Discover how to create a spending plan and make adjustments to it so that the most important goals in your life get funded.



Managing Work-Life Flow

Start your year strong!

When you're looking forward across the landscape of possibilities this year, resolve to meet challenges in a positive way. If you notice negative, worried or self-defeating thoughts running through your mind, replace them with thoughts that, instead, recognize your previous successes. Be more compassionate toward yourself. Consider the people and things in life for which you're grateful. Take small risks in new situations instead of predicting negative outcomes. You'll grow in the process!