



# Momentum

*Improving your mental wellness*



## Don't neglect your mental health

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

In challenging times, it's particularly important to look after your own mental wellness. This may require an active effort on your part to utilize practices that contribute to good mental health.

- Strive to maintain a positive outlook. Despite tough times, look for the positive in all situations. Limit your exposure to toxic stimuli and negative people.
- Have compassion for yourself. Life is challenging, and it's easy to make mistakes now and then. Forgive yourself and acknowledge that you're doing your best at any given moment.
- Challenge negative thoughts. We're often our own worst critics. Remember that self-critical thoughts are not facts. Actively replace them.
- Accept help. It's never wrong to seek an expert perspective from a professional. The right treatment can positively impact your quality of life.

Contact your program

**24/7/365**

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

**Live Webinar**—Please join us online Wednesday, February 10 for *Mental Skills Bootcamp: Performing at Your Best*. Register [here](#).

## Tips for boosting mental wellness

Reduce your mind clutter. Practice mindfulness by repeatedly bringing yourself back to the present moment throughout the day—not functioning on “autopilot.” This can reduce stress, anxiety, depression and chronic pain.

Hit your health markers. Getting at least 30 minutes of exercise most days will boost your mental health. Plus, aim for seven to nine hours of sleep per night.

Avoid isolation. It can be challenging these days, but stay in regular touch with friends and family. If it helps, join a club of like-minded people or try a new hobby.

## Mind Your Mental Health

### February includes National School Counseling Week

Observed in the first week of February, National School Counseling Week aims to focus public attention on the unique contribution of school counselors within U.S. school systems. The observance acknowledges counselors for partnering with parents in addressing the challenges of raising children in today's world.

1. **Talk with your child.** If you think your child might be suffering the effects of stress, anxiety or depression, make time to talk with them. Ask questions about how they're feeling. Express your love and support.
2. **Nurture their well-being.** Encourage your child to get regular exercise, spend time with supportive friends, eat healthy foods and get enough sleep.
3. **Seek help if needed.** It's normal for a child to be moody or sad occasionally. However, if these feelings last for weeks or months, depression may be the cause. Talk to your child's pediatrician or a counselor.

Visit [www.MagellanHealthcare.com/About/MYMH](http://www.MagellanHealthcare.com/About/MYMH) or call your program for confidential mental health resources.

## Working on Wellness

### Prioritizing a healthy heart

- American Heart Month, observed in February, reminds us to make heart-healthy choices including not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure and getting regular exercise.
- A USDA-endorsed heart-healthy eating plan recommends eating lots of fruits, vegetables, whole grains and low-fat or non-fat dairy products. Also, strive to limit or avoid saturated fats, trans fats and added sugars.

## Showing Support

### Helping those with eating disorders

- Whether they are unaware there's a problem, ashamed to reach out, or ambivalent about giving up their unhealthy eating behaviors, many who suffer with eating disorders find it difficult to seek help.
- People in recovery from eating disorders (such as anorexia, bulimia or binge eating) often say that family and friends helping them get screened, evaluated and treated was crucial to their getting well.



## Managing Work-Life Balance

### Maintaining winter wellness

With shorter days and colder weather, finding the motivation to stay healthy can be difficult. The colder weather creates a number of safety risks to us and to those around us, and some of these we may not even be aware of. Recognizing safety risks and patterns of illness or low energy ahead of time is key to preventing them—or at least to dealing with them as they arise.

Visit your member website for information to help you stay healthy, fit and safe this during the winter months and beyond. Find topics such as developing a healthy attitude toward food and exercise, taking advantage of available preventive care services, and sleep health training and more.