




**Magellan**  
HEALTHCARE®

# Momentum

## Living with intention

You've probably heard about living life with intention. But what does that mean on an everyday, practical level?

- Intentional living means conducting your life according to your core beliefs and values. Take time to think and write about your ideal life—not what others might be expecting of you.
- Once you're clearer about what your heart wants, construct a plan with achievable short-term goals so that you can start to get there. Make a conscious choice to follow your plan, and stick with it, even if you go off track sometimes.
- Consider spending just 10–15 minutes each day being the person you intend to be... until it feels natural and becomes a way of life. It may feel foreign at first.
- Try setting a positive, self-empowering intention at the outset of each day.

*Additional sources: PsychCentral.com, Inc.com.*

## Digital emotional wellbeing program

Winter can be a tough season emotionally – colder weather, shorter days and a lack of sunshine can all take their toll on your mental health. With the Digital Emotional Wellbeing program, available via mobile app and your member website, take care and improve your mental wellbeing. Learn how to manage challenges like ADHD, chronic pain, grief and loss, stress, caregiving, PTSD and more.

Contact your program

# 24/7/365

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

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**Live Webinar**—On Wednesday, December 14, join us online to learn how you can benefit from living with greater intention: *The Power of Purpose*. Register [here](#).

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Employee Assistance Program and  
Family Resources

**1-877-804-9753 (TTY 711)**

MagellanAscend.com



**AVAYA**

Mind Your Mental Health

## December is National Stress-Free Family Holidays Month

Approximately 64 percent of people say their mental health stress level increases exponentially around this time of year. Consider the following tips for keeping the strain of the season at bay.

- **Don't strive for the "perfect" holidays.** Be realistic about what you can do during this time; simplify wherever possible. Ask for help with tasks. Gracefully decline some invitations and look after yourself.
- **Create some new, more practical traditions.** If the same old family holiday rituals have become a burden for you, try celebrating in new ways.
- **Prioritize your health.** Maintain as regular a schedule as possible throughout the holidays. Don't skimp on sleep. If you have a workout plan, stay with it. This will help you moderate stress and burn extra calories.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

Working on Wellbeing

### How to become and stay motivated

- Everyone gets stuck sometimes. If you're in need of a motivational boost, take action. Reexamine your priorities and make more room for them in your life. Approach your tasks in new ways.
- Pick three activities that create high levels of excitement and motivation for you. Commit to spending at least one more hour on each of the activities every month. Delegate or eliminate activities you no longer value.

Managing Work-Life Flow

### Warm up your winter

Take care of yourself during the colder, darker months. Get as much sunlight as possible. Keep moving through exercise or dancing. Wear clothing in layers; even multiple thin layers help you retain heat. Check for drafts in your home by looking for light entering around doors, windows or outlets; seal them with caulk. Move furniture away from vents so heat and air can flow freely. Install a programmable thermostat that maintains your home's temperature based on your schedule.

Money Matters

### December 2022 financial webinar

#### Identity Theft: Prevention, Protection & Resolution

Tuesday, December 13. Register here: [9 am PT](#) | [12 pm PT](#).

This class is designed to help you understand how personal data gets compromised, what you can do to prevent it, and the initial steps to take if you become a victim. Identity theft is always evolving, so you'll benefit from this up-to-date overview.