



**Magellan**  
HEALTHCARE®

# Momentum

## Respecting relationships

Mutual respect is a vital element of a healthy relationship. Those who exhibit disrespectful behavior patterns toward others (like harsh or belittling language, ignoring boundaries or using controlling behavior) often struggle to maintain positive relationships. The good news is that everyone can improve upon how they treat loved ones.

- Respect in a relationship is demonstrated by how you treat each other. Follow the Golden Rule and treat others the way you'd want to be treated.
- Listen without distraction so you understand your loved one's concerns, needs and desires.
- Strive to keep cool during disagreements; take a deep breath and keep your language respectful.
- Try to support your partner's interests, hobbies and career. Ask questions about their activities and praise their every accomplishment.
- Don't be rigid in your views. Be willing to change your mind based on the other person's input.
- Support your loved one's choices whenever you can.

## Digital emotional wellbeing

Take a moment to reset and refocus with these brief exercises: close your eyes and take a few deep breaths or get up, stretch and get some fresh air outside! For more helpful ways to integrate healthy activities into your daily routine or for help managing anxiety, stress, depression, pain, sleep problems and more, visit your member website to access the Digital Emotional Wellbeing program.

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, June 8, join our webinar about keeping yourself and others calm: *When the Pot Boils—Help People Cool It*. Register [here](#).

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**Visit your member  
website for more  
information.**

## Mind Your Mental Health

### June is PTSD Awareness Month

More than eight million American adults each year experience post-traumatic stress disorder. The intent of PTSD Awareness Month is to reduce stigma and get proper treatment for those affected.

- PTSD can develop after exposure to a frightening event or ordeal in which severe physical harm occurred or was threatened.
- PTSD's symptoms can include episodes of intense fear, flashbacks, sleep problems, hypervigilance, elevated heart rate, breathing difficulties and a seeming loss of control.
- Effective treatments include cognitive-behavioral therapy, which helps people establish healthier thought patterns and behavioral responses; exposure therapy, which helps people safely face and cope with frightening memories; and eye movement desensitization and reprocessing (EMDR).

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 Wellness

### How to start eating clean

- Eating clean means choosing foods that are as close to their natural form as possible. When you avoid highly processed foods like chips, cookies and ready-to-eat meals, you avoid their excessive calories, sugar, salt and saturated fat.
- Emphasize fruits and vegetables, eat more whole grains, include some protein at every meal (e.g., nuts, beans and legumes), skip artificial ingredients and drink mostly water instead of sugar-heavy soft drinks and juices.

## Managing Work-Life Flow

### Start summer right

Plan some warm-weather activities that are fun for the whole family. Check the dates of festivals and fairs planned for your area. See a drive-in movie with the kids. Do some swimming at your local pool or a convenient beach. Go with friends to a bar or restaurant for a sunset happy hour outdoors. Plan a woodsy hike, or go boating, kayaking or fishing. Have a picnic lunch at a park with plenty of shade and space.

## Money Matters

### June 2022 financial webinars

#### Retirement Planning: Getting Started

June 14th. Register here: [9 am PT](#) | [12 pm PT](#)

Learn the importance of establishing a retirement savings goal. Adopt goal-setting strategies that can help you stay on track. Also review common types of investment accounts for your savings.

#### Dreaming of Retirement

June 23rd. Register here: [9 am PT](#) | [12 pm PT](#)

Build a plan for sustaining the retirement lifestyle you envision. Learn to calculate whether you're on track to have the necessary income and assets to make your retirement dreams come true.