



Magellan
HEALTHCARE®

Momentum

Improving the life-mind-body connection

It's important to recognize the vital connection between your body and mind if you want to live a balanced, healthy life. To improve your mind-body health:

- Relax your mind and body regularly. This helps you ward off stress, anxiety, depression, sleep problems and more. Try deep breathing (which helps your brain calm down and relax), guided imagery (imagining yourself in a serene setting), progressive muscle relaxation (which can alleviate sleeping problems), mindfulness meditation (awareness and acceptance of moment-to-moment experiences) or yoga.
- Laugh. Laughter increases creativity, reduces pain and speeds healing.
- Get enough sleep. Not getting quality sleep can increase your risk of accidents, high blood pressure and feeling depressed. Adequate sleep helps repair cells overnight that have been damaged by stress, fatigue and muscle strain.
- Find a physical activity that you enjoy. Most people are happier, less stressed and sleep better when they're active.

Contact your program

24/7/365

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

Live Webinar—Learn to use mindfulness to enhance your health and wellness via *The Life-Mind-Body Connection*, a webinar on Wednesday, July 13. Register [here](#).

Employee Assistance Program
1-800-450-1327 (TTY 711)
MagellanAscend.com (use
Principal Core)

Mind Your Mental Health

July is BIPOC Mental Health Awareness Month

This observance highlights the presence of unfair inequities such as systemic discrimination and racism that negatively impact the mental health of those in Black, Indigenous and People of Color (BIPOC) communities.

- While millions of Americans face the challenges of living with mental health conditions, people in marginalized communities may additionally struggle with a lack of health insurance and access to services, plus cultural stigma that discourages getting care.
- Research has shown that BIPOC groups are:
 - Less likely to have access to mental health services
 - Less likely to seek out treatment
 - More likely to receive low or poor quality of care
 - More likely to end services early
- If someone you know may need help with a mental health condition, encourage them to contact a licensed mental health professional. Recovery is possible!

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

Working on Wellness

Being social lifts you up

- Your ability to bounce back from tough times is enhanced if you have social support. This could be family, friends or co-workers. Try to build relationships with those who are positive and who help you laugh and feel good.
- Remember that social support is a two-way street. Helping other people builds the social bonds that keep you resilient. Demonstrate to your social connections that they can count on you. Show interest in their families, jobs, interests and dreams.

Managing Work-Life Flow

Focus on wellness

Your mind and body are powerful allies. They communicate via a shared chemical/hormonal language that regulates your daily health and helps you face challenges. While the body releases hormones to help you deal with stress, it's important not to have too much stress at once, or long-lasting stress. This can lead to illness. If you focus on relaxing your mind and body, the feelings of stress will ease, and you'll return to a calm state—both physically and mentally.