



**Magellan**  
HEALTHCARE®

# Momentum

## Fueling your work-life flow

Achieving work-life flow can be described as a state where you're fully absorbed in your activities. In a zone of productive focus, your ego concerns and the passage of time drop away. You're using your skills at their highest levels. Ultimately, the various aspects of your life flow together smoothly.

How can you reach such a state?

- Aim to do more things you can fully lose yourself in—from playing with the kids to walking in nature to steering your workday more toward the things where you excel.
- Use your schedule to creatively carve out time for yourself—whether it's to do something fun, to exercise or to simply relax and decompress.
- Don't be hard on yourself if life doesn't fall into perfect order each day. Gently go along with the rhythm of what's happening.
- Prioritize the elements of your life. Strive to spend more time on things you value, and begin let go of non-essential activities.

Additional sources: [Healthline.com](https://www.healthline.com), [NationalToday.com](https://www.nationaltoday.com), [LeadingBeings.com](https://www.leadingbeings.com), [PBS.org](https://www.pbs.org), [PreMeditatedLeftovers.com](https://www.premeditatedleftovers.com), [RealSimple.com](https://www.realsimple.com).

## Digital emotional wellbeing

Everyone's mental health is different and the Digital Emotional Wellbeing Program lets you decide what works best for your lifestyle. You'll get personalized resources to help you learn relaxation or meditation techniques, watch and listen to video and audio guides, journal—everything you need to improve your wellbeing.

Contact your program

**24/7/365**

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

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**Live Webinar**—Join us online  
Wednesday, August 10 for *Make  
Life Easier: Create More Peace  
and Balance at Work and Home*.  
Register [here](#).

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Employee Assistance Program  
**1-800-356-7089 (TTY 711)**  
[MagellanAscend.com](https://MagellanAscend.com) (enter  
company name)

## Mind Your Mental Health

### August is Back to School Month

If the “summer’s over!” ritual causes you autumnal anxiety, participate in Back to School Month this August! It’s an observance that helps parents, students and teachers transition to the new academic year.

- Switching from summer to school schedules can be stressful to the whole family. Minimize first-day-of-school chaos by practicing your morning routine several days in advance, particularly with younger children.
- Whether your child is driving to school for the first time, taking the bus, bicycling, or walking with friends, review how to stay safe, such as focusing on walking (or driving) rather than texting, and using crosswalks.
- An important component of back-to-school success is that parents guide children with a positive, non-anxious attitude.
- Get the class supply list and take a shopping trip with your child. Allow for a splurge or two like a nifty notebook or a cool-colored pen to make things more fun.

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 relax

- Between family, work and social obligations, it can be challenging to find relaxation time. However, relaxing is vital, as it balances out the negative mental and physical effects of stress that we experience every day.
- For quick, effective relaxation, try deep breathing. You can do this anywhere. Breathe in for four seconds, hold your breath for seven seconds, and exhale for eight seconds. Also, try spending time in nature, doing progressive muscle relaxation or writing your feelings in a journal.

## Managing Work-Life Flow

### Jump into fall

Be sure to enjoy the many sensory pleasures of this beautiful season. Go apple picking with family or friends. Take the kids on a nature hike and spot the emerging signs of autumn. If you’ve been busy raking leaves, assemble a huge pile and jump in! Take a leaf-peeping car trip. Drink hot spiced apple cider by the fireplace. Visit a fall festival, corn maze and/or petting zoo. Bake pumpkin bread for breakfast.

## Money Matters

### August 2022 financial webinars

#### Common Risks to Your Retirement Plan

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

Although you may be confident in your retirement strategy, sometimes even the best laid plans fall short. We’ll review some retirement risks of which you’ll want to be aware.

#### Understanding Medicare

August 25th. Register here: [9 am PT](#) | [12 pm PT](#)

With healthcare costs being a large part of everyone’s post-retirement budget, this webinar reviews how your out-of-pocket expenses could go up or down depending on when you retire and start receiving Medicare benefits.