

The logo for Magellan Healthcare, featuring the word "Magellan" in a large, bold, black font and "HEALTHCARE" in a smaller, blue, sans-serif font below it. To the right of the text are several colorful triangles (blue, orange, green) of varying sizes, some pointing up and some pointing down.

# Momentum

## Addressing addiction

If you or someone you know struggles with substance misuse (drugs or alcohol), recovery is possible.

- While shame, fear and frustration often accompany a drug or alcohol problem, it's never too late to get help. Reaching out is a very important first step—although many people struggle to acknowledge the severity of their symptoms.
- Once you recognize the problem, stages of recovery often include selecting a treatment program/setting, withdrawal management, establishing new coping strategies, and long-term recovery maintenance including support group participation.
- If you or a loved one might have a substance use problem, contact your Magellan program for expert, confidential support via helpful treatment information, self-assessments and online self-paced addiction counseling.
- Find local treatment resources through the Substance Abuse and Mental Health Services Administration: [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov), or call SAMHSA's National Helpline: 1-800-662-HELP (4357).

Contact your program

# 24/7/365

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

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**Live Webinar**— Learn how to recognize addiction and arrange help for a loved one. Join us Wednesday, October 12 for *Understanding Substance Misuse*. Register [here](#).

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

## Digital emotional wellbeing

Depression is more than just a rough patch. It is a serious but treatable disorder. With the Digital Emotional Wellbeing program, available via mobile app and your member website, take care and improve your mental wellbeing. Through engaging and personalized content, you can learn how to improve your mental health by building skills to cope with depression, anxiety, and stress.

## Mind Your Mental Health

### October is Depression and Mental Health Awareness and Screening Month

- This national health observance educates people about the signs, symptoms and treatment of depression, while promoting confidential, anonymous depression screenings that can identify whether individuals should seek assistance.
- Key depression symptoms include persistent feelings of sadness or emptiness, an inability to take pleasure in things previously enjoyed, and difficulty performing normal daily activities. Feeling often fatigued, and experiencing appetite and/or weight changes, may also occur.
- Clinical depression is a serious medical condition that can derail daily life if left untreated. It also can lead to self-harm and/or suicide.
- Depression and anxiety disorders are sometimes still viewed as conditions to hide. When people come together to learn about mental health conditions, it helps reduce negative stigmas.
- Access a free, confidential mental health screening at one of these organizations:
  - Mental Health America: [screening.mhanational.org/screening-tools/depression](https://screening.mhanational.org/screening-tools/depression)
  - The Anxiety & Depression Association of America: [adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-depression](https://adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-depression)
  - PsychCentral: [psychcentral.com/quizzes/depression-quiz](https://psychcentral.com/quizzes/depression-quiz)

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 meditate

- Meditation fully connects you to the here and now. It enables you discern which thoughts and emotions are worthy of your attention. Decide in advance how long you want your meditation sessions to be.
- Find a quiet, solitary place to be seated. Check your posture; keep your back straight. Breathe slowly and deeply. Notice physical tensions and mental concerns. Let them go. If your mind wanders, return to the breath. End your session with a moment of gratefulness.

## Managing Work-Life Flow

### Work and life

If your life seems out of balance, stop and ask yourself what is causing you stress, unease or dissatisfaction in the work-life equation. Decide how the imbalance makes you feel emotionally, whether resentful, angry or sad. Consciously reprioritize your activities so they're in line with what you value most. Experiment with fixes; identify and exclude things that don't help your career or personal life. Ideally this process isn't a one-time event, but a continuous cycle of re-evaluation and improvement.

## Money Matters

### October 2022 financial webinars

#### Choosing Your Benefits: What to Fund and Why?

Thursday, October 11. Register here: [9 am PT](#) | [12 pm PT](#)  
Learn how Health Savings Accounts, Flexible Spending Accounts and employer-sponsored retirement plans work, and the advantages they can provide to you.

#### Estate Planning: Financial Basics

Thursday, October 27. Register here: [9 am PT](#) | [12 pm PT](#)  
Review how and when to begin your estate planning. Examine the pros and cons of hiring an attorney versus doing most of the work yourself.