

**Begin with something positive.** Wake up and do something that inspires you like journaling, walking in nature or other hobbies to begin your day with a positive mindset.

Call your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core) for helpful resources.