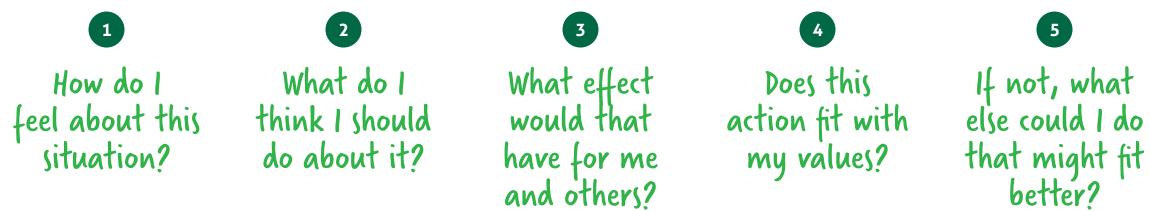
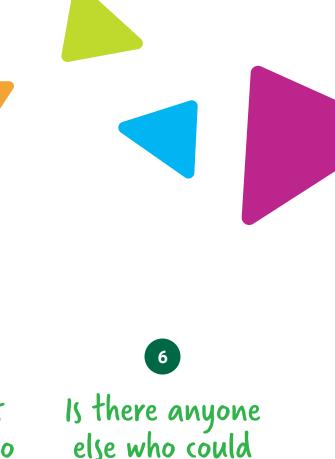
May is Mental Health Month Use reason to manage your emotional reactions

ASK YOURSELF:



You can change how you feel and react to different situations. The key is to recognize your emotions, understand why they are making you feel that way and apply reason to regulate your emotional response. Learn more. Contact your Employee Assistance Program at 1-800-356-7089 (TTY 711) or visit Member.MagellanHealthcare.com.





help me?