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Description automatically generated**Subject line:** **Magellan Bulletin – November 2023 Momentum Engagement Campaign and Webinars**

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Description automatically generated**Monthly Theme**

**Understanding and overcoming anxiety**

Anxiety disorders are the most common behavioral health problem in the U.S. People suffering with anxiety may experience feelings of panic, fear and uneasiness, plus difficulty controlling excessive and unrealistic worries. Treatment is available and effective, however. Learn more in this month’s newsletter.

**Monthly Webinar**

**Reducing Anxiety in the Moment and Beyond | November 8**

Join this webinar to:

* Define signs and symptoms of anxiety
* Identify skills you can develop to manage anxiety
* Describe how to implement these techniques on a day-to-day basis

[**Register here**](http://magellanhealth.adobeconnect.com/ewsfc8yztpqa/event/registration.html)

**Financial Wellbeing Monthly Webinar**

**Navigating Finances as a Caregiver | November 14**

Register here: [9 am PT](https://mysecureadvantage.zoom.us/webinar/register/8816663704693/WN_rEVkrtVfSROFq17D33uJbw) | [12 pm PT](https://mysecureadvantage.zoom.us/webinar/register/7016663706515/WN_QFKAVT1qTDymhEdC9D8OhQ)

Caregiving can be a labor of love. At the same time, it can be overwhelming and challenging. This presentation covers different care scenarios and their associated budgeting, healthcare, and estate planning implications. We will discuss the importance of covering caregiving expenses while balancing a caregiver’s need to fund their own goals.