



Momentum



Live Webinar—Join us Wednesday, October 11 for *Leading an Anti-Inflammatory Lifestyle*, a webinar on how your diet affects your mood and impacts inflammation in the body. Register [here](#).

Connecting your diet and mood

Did you know that certain foods help your brain produce chemicals that boost your mood, attention and focus—while other foods sap your energy? The medical field increasingly acknowledges the connection between food and mood, and you can make food choices that support better mental health.

- Mood-boosting meals combine complex carbohydrates with lean proteins and colorful produce. Whole foods (like sweet potatoes, rolled oats, beans and quinoa) increase the feel-good chemical serotonin in your brain.
- The Mediterranean-style diet has been noted for lessening symptoms of depression. It features increased intake of vegetables, fruit, omega-3-rich fish, nuts, legumes and olive oil.
- Foods with low nutritional value can provide a quick energy boost but later saddle you with low energy and mood. These include refined flour-based foods such as breads, crackers, baked goods and cookies, plus sugar-sweetened beverages.
- If you plan dietary changes, be patient; it can take two to three weeks to see mood improvement.



Contact your Employee Assistance Program at 1-800-450-1327 (TTY 711) or go online to Member.MagellanHealthcare.com (enter Principal Core) for confidential, no cost help available 24/7/365 for you and your household members.

Mind Your Mental Health

October is National Depression and Mental Health Awareness and Screening Month

This observance emphasizes the importance of recognizing and treating depression and other mental health problems. When not treated, they can become debilitating and keep people from engaging in important activities of daily life. A dangerous effect of severe depression is that it can contribute to self-harm or suicide.

- A confidential, anonymous mental health screening is a brief set of questions that calculates how many common depression symptoms you've had over the past two weeks, and suggests where you might be on a scale from "not depressed" to "depressed" based on your answers.
- You can take a screening yourself or have a medical professional administer one. (A screening by itself does not result in a diagnosis.)
- Go online to MagellanHealthcare.com/Mental-Health-Screening to answer behavioral health questions and total your own score—confidentially.
- Depression can be treated in various ways, including psychotherapy, antidepressant medicines and healthy lifestyle changes.

Visit MagellanHealthcare.com/about/bh-resources/mymh or call your program for confidential mental health resources.

Working on Wellbeing

Physical wellbeing

- Physical wellbeing is about managing your health so that you have the energy to do all the things you want to do. Your physical wellbeing is of vital importance. Without physical wellbeing, you cannot have mental wellbeing, and your relationships, career and finances can be negatively impacted.
- The short-term choices we make can have a long-term effect on our overall physical health. Manage your physical health well by exercising regularly and making good dietary choices that keep your energy high and your thinking sharp. Also, get enough sleep so your body and mind are rested and help you get a good start the next day.

Money Matters

October 2023 financial webinars

Understanding Medicare

Tuesday, October 10

Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

This class will review how your out-of-pocket healthcare costs could be higher or lower depending on when you retire and start receiving Medicare benefits.

Estate Planning: Financial Basics

Thursday, October 26

Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

Review common estate plan components and how your plan may change over time, plus learn the pros and cons of hiring an attorney versus doing your own planning.