Momentum

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 worries.

- Physical symptoms of anxiety can include rapid or irregular heartbeat, shortness of breath, dizziness, light-headedness, nausea, headaches and other pains.

- Symptoms of panic disorders—including crushing surges of fear—can appear suddenly and without warning, sometimes causing people to fear they're having a heart attack.

- Like many illnesses, anxiety disorders often have an underlying biological cause and may run in families.

- Common anxiety disorders include generalized anxiety (anxiety of diverse origins), panic disorder, social anxiety disorder and specific phobias.

- To treat anxiety, health professionals may recommend some combination of psychotherapy (cognitive behavioral therapy [CBT] is particularly effective), medications, regular exercise, relaxation techniques and dietary changes.

Counseling*

If you're battling problems that get in the way of your day, it may be time to reach out for assistance. Through your program, a mental health professional can provide practical support, education and guidance. You can access counseling in-person locally or through virtual therapy via text message, live chat, phone or video conference.

*Eligibility based on your specific program benefits

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.

Magellan HEALTHCARE®

Mind Your Mental Health
November is National Family Caregivers Month

This month we acknowledge the efforts of the more than 43 million Americans who serve as unpaid caregivers for family members.

- Approximately 39.8 million caregivers provide care to adults with a disability or illness; that's 16.6 percent of Americans. Caregiving requires sacrifice and can lead to burnout, fatigue, anxiety and depression.
- Many family caregivers (over 60 percent) must balance their home lives with working a paid job while meeting the needs of relatives in their care.
- One in five caregivers says they have no one to call for help. If you're a caregiver, tap into replacement helpers—either in-home or at a health center. Ask other family members to assist with shopping, housecleaning and errands.
- Many caregivers can become isolated from friends and family. Simply listen to them talk about how they are feeling and let them vent their frustrations, worries and fears.
- Remind them to take breaks to address their physical and mental health needs. It is vital to their wellbeing to do so.

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

Working on Wellbeing
Career wellbeing

- You spend most of your waking hours working. What you do every day shapes your identity and affects your overall wellbeing, productivity and performance
- Having career wellbeing means that you can work at something that fits your unique interests and strengths. You can look forward to most of your tasks—whether on a paid or volunteer basis.
- It's important to balance work with life. The demands of working and having a personal life are an ongoing challenge. Set limits on both so you can be present and have time for the relationships and activities you enjoy.

Money Matters
November 2023 financial webinar

Navigating Finances as a Caregiver

Tuesday, November 14. Register here: 9 a.m. PT | 12 p.m. PT
This presentation examines different caregiving scenarios and their associated budgeting, healthcare and estate planning implications. Participants will discuss ways to cover caregiving expenses while balancing the caregiver's need to fund their own plans and goals.

Magellan HEALTHCARE®