



# Momentum



**Live Webinar**—On Dec. 13, *Coping with Grief and Loss* will examine how to work through the sadness and emotions of grief, plus prioritizing self-care if you've suffered a great loss. Register [here](#).

## Emotional wellbeing

When people have emotional wellbeing, they're able to maintain supportive relationships, keep their emotions balanced and face life's challenges with resilience. They're flexible in adapting to new situations, and they make room for fun in their day. Consider these tips on how to improve your emotional wellbeing.

- Try to view difficult, unexpected circumstances as opportunities to learn and grow rather than falling back on the knee-jerk reaction of viewing them negatively.
- If you tend to habitually emphasize your flaws, remember your strengths instead. Think of qualities like your technical skill, sense of humor, compassion and/or capacity for helping others.
- Try responding (unhurriedly thinking through your course of action in a situation) instead of reacting (rushing in emotionally).
- Seek balance in daily life and keep moving; exercise releases endorphins that trigger positive feelings.
- Although you're busy, make sure to take occasional breaks to stop and smell the roses.



## Identity Theft Resolution\*

When you're a victim of identity theft, uncertainty and worries can hound you for months. Tap into your Identity Theft Resolution program, for education, guidance, counseling, and legal and financial assistance to victims of fraud-related crimes. Fraud Resolution Specialists™ will help restore your identity and credit worthiness. Visit your member website to get started.

\*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](https://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

### December is National Stress-Free Family Holidays Month

As the holidays roll around again, strive to make a commitment to taking care of yourself—and not just heroically decorating, cooking, hosting, spending and socializing. The wisdom of seeking balance can make a big difference.

- A recent OnePoll survey of 2,000 adults found that 67 percent report placing unnecessary pressure on themselves to engineer the “perfect” holiday.
- To reduce holiday stress, try to be more realistic about what you can do during this time. Don’t aim for perfection; simplify and downsize wherever possible.
- Ask for help with tasks. Gracefully decline some invitations and look after yourself instead.
- Don’t harshly criticize yourself or get into heavy debates with others during the holidays. Strive to keep things cool.
- If the same slightly-stuffy family holiday rituals are now a burden for you, break patterns and try celebrating in new ways.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### Financial wellbeing

- People with financial wellbeing have confidence in their ability to achieve financial goals, regularly save money and demonstrate smart money management behaviors.
- Having financial wellbeing will reduce your stress, enable you to handle unexpected financial emergencies and feel more secure in your financial future. You’ll have more freedom of choice in pursuing things that bring you joy.
- Avoid financial pitfalls and achieve your goals by taking advantage of the financial wellbeing resources available to you through your program.

## Money Matters

### December 2023 financial webinar

#### Financial Forum

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

Financial fitness is vital for all of us, so this live forum is dedicated to answering questions about myriad financial topics. Panelists will be ready to discuss issues ranging from credit, debt, saving for emergencies and retirement, to student loans, college funding and more. You can submit specific discussion questions when you register for the event.