

Momentum



Live Webinar—Join us Wednesday, March 22 for *Self-care Awareness: Practicing what you Preach*, a leaders' webinar with tips on keeping you and your staff healthy. Register [here](#).

Prioritizing self-care

Self-care isn't selfish. Instead, it's defined as making a commitment to activities that support your emotional, physical and spiritual health. If you take care of yourself first, you'll have more energy and bandwidth to effectively lead others. Consider these elements of self-care.

- Follow healthy habits in sleep, diet and hydration. Devote regular time to getting vigorous exercise—it's a great way to reduce stress.
- Schedule at least 15 or 20 minutes of "you" time each day for creative hobbies or spiritual practice—whatever means a lot to you on a personal level.
- Always consider ways to take better care of yourself, and inspire your team to do the same.
- Take breaks throughout the day to stand up, stretch and move. This will help recharge your creativity and refresh your leadership perspectives.
- Set boundaries on your time and say "no" to requests sometimes. If something doesn't fit with your priorities at present, you can gracefully decline.



Self-Care Programs

When it comes to your emotional health, finding the care and support you need can be hard. Online programs are available for a variety of conditions including chronic pain, anxiety, depression, insomnia and substance use disorder. Programs are confidential and available to complete at your own pace, 24/7/365. Visit your member website to get started.

Contact your Employee Assistance Program at 1-866-580-9046 (TTY 711) or go online to MagellanAscend.com for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

National Drug and Alcohol Facts Week in March

During the fourth week of March, this observance aims to counteract myths about substance use and addiction, while educating people about the current science on substance use. Some facts:

- Only 10–20 percent of people in the U.S. who need treatment for substance abuse actually receive care.
- Fentanyl is a factor in 53 percent of U.S. overdose deaths. There were 42,700 fentanyl overdose deaths in 2020.¹
- Among the 138.5 million Americans who are current alcohol users, 61.6 million people (or 44.4%) are classified as binge drinkers and 17.7 million people are classified as heavy drinkers.²
- Traditionally, alcohol and drug problems weren't treated until the individual "hit bottom" after their substance misuse became a crisis. However, mild substance use disorders can also be treated, and early intervention can prevent severe disorders later.

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

1. National Center for Drug Abuse Statistics.

2. Substance Abuse and Mental Health Services Administration (SAMHSA) 2020 National Survey on Drug Use and Health.

Working on Wellbeing

Take the lead on physical wellbeing

- As a manager, when you add conversations about wellbeing to team and one-on-one meetings, your staff will recognize the importance of maintaining their wellness. Consider weaving wellbeing discussions into your meetings on a regular basis!
- Sample topics you can discuss: Do our work areas and schedules support our physical wellbeing goals? How can we support each other's physical wellbeing? Where can we add physical wellbeing elements to our day? What physical wellbeing obstacles do we encounter at work?
- The short-term choices we make can have a long-term effect on our overall physical health. It's never too late to improve your health!

Money Matters

March 2023 financial webinars

Women & Money

Tuesday, March 14. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

As the wealth gap narrows between women and men, women still face certain distinct financial challenges. Learn action steps to improve your financial wellness. Incorporate emotional intelligence as well as technical aspects of money management to help your finances reach their highest potential.

Getting & Keeping Good Credit

Thursday, March 23. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

Credit scores impact personal finances in more ways than most people realize. You want your credit score to be "excellent." Learn the criteria underlying credit scores, plus how to boost your score, establish new credit and recover from credit challenges.