



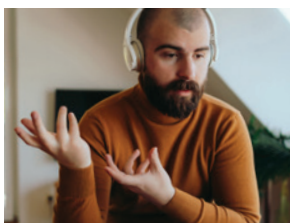
Join the live webinar, *Getting control of emotional eating*, on January 10, 2024 at 1:00 p.m. CT to learn about triggers for “emotional eating” and how to redirect them. Scan the QR code to register now.

## Eating well for your mental health

Nutrition and mental health are interconnected. The foods we eat affect our mental health, and our mental health status affects what and how well we eat. A healthy diet benefits your overall wellbeing, and consuming brain-healthy foods may help reduce your risk depression and anxiety.

Look for recipes that include these ingredients and incorporate them into your meal planning.

- *Whole grains:* oatmeal, whole-wheat bread, corn tortillas, barley and quinoa can reduce inflammation, aid the brain’s neurotransmitters, and lessen depression symptoms.
- *Fish:* salmon, trout, tuna and herring are good sources of omega-3 fatty acids, which the body uses to build brain and nerve cells.
- *Berries:* blueberries, strawberries, raspberries and blackberries consumed two or more times per week may contribute to peak brain health.
- *Nuts and legumes:* walnuts, cashews, almonds and peanuts are rich in amino acids, which may benefit mood regulation.



### Wellbeing coaching

Feel like you’re spinning your wheels in pursuing a goal? A coach can provide the supportive boost you need. Our certified coaches can help you with career, work and educational concerns, relationships, sleep problems, weight management and more. Visit your member website to learn more.

**Visit your member website for more information.**

## Mind Your Mental Health

### January is Mental Wellbeing Month

What better way to start the new year than with a reminder to recharge your mental health? A common culprit undermining people's mental health is the habit of emotional eating.

Here are some tips to help you identify and manage emotional eating and get back on track to overall mental wellbeing:

- Keep a food journal. Track when you eat, what you eat and how you feel. Consider the emotions that drive you to help identify what your triggers are. Trust that these are valid, and you have the strength to manage difficult emotions, no matter how overwhelming they may seem.
- Look at what is underlying your cravings. They could be due to fatigue, low blood sugar, anxiety or depression. It could be that you need to eat more at lunch to avoid a mid-afternoon slump, or it could be anxiety, and you could benefit from a visit with a doctor or therapist to help you manage your emotional issues.

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

### Physical wellbeing

- Practice healthy habits to energize and nourish your body. The short-term choices we make can have a long-term effect on our overall physical health.
- You can improve your physical wellbeing by finding ways to move more, making good dietary choices that boost your energy and getting adequate sleep so you can enjoy a good start each morning.

## Money Matters

### January 2024 financial webinars

#### Juggling Financial Priorities

January 9, 2024

Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

This or that? Should I save for retirement or invest for my child's college education? Should I save or pay off debt? When life happens, which goals should I focus on? This event will explore working on multiple financial goals at the same time. We'll discuss the primary objectives to keep in mind and helpful tips as you navigate your personal financial journey.

#### Money and Mentoring: Tips for Parents

January 25, 2024

Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Managing the cost of parenthood while trying to raise financially responsible kids can be challenging. Join this event to learn about budgeting for parenthood, like childcare expenses, education, and unexpected costs. You can also learn about ways to teach your kids the value of money and introduce them to budgeting, saving, and investing. Help your family build a strong financial foundation by nurturing your financial skills and your children's.