

# Momentum



Join the live webinar, *Changing your Perceptions to Positively Impact your Wellbeing*, on May 8, 2024 at 1:00 p.m. CT. You will learn tips on how to reframe your thinking in positive rather than self-limiting directions. Scan the QR code to [register now](#).

## Changing perceptions

Perception serves as the lens through which we view life's experiences. It influences how we see, understand, process, remember and act on reality. If uncomfortable events in the past have caused you to avoid certain experiences in the present, the good news is that you can change the personal lens through which you once viewed things.

1. Start by being willing to see things differently now.
2. Look for your past emotional patterns. Did you often react in ways that caused you to shut down?
3. Think through a negative experience and imagine yourself reacting differently, as if you had more strengths-based beliefs about yourself.
4. Now, act on these positive beliefs. Be patient with yourself as you learn to reframe.
5. If something triggers you in the present, pause, breathe, ground yourself and respond from a more empowered place.



## Counseling\*

Get help addressing problematic aspects of your life! Counseling can help you cope with stress, marital/family relationship issues, grief, parenting, substance misuse and much more. Your program offers confidential counseling in-person and virtually. Visit your member website to learn more.

*\*If available through your program.*



Scan the QR code to visit your member website for more information.

## Mind Your Mental Health

### May is Mental Health Month

Talking more freely about mental health and continuing to reduce stigma around getting treatment are hallmarks of this annual observance.

Mental Health Month is a time to raise awareness of and reduce the stigma surrounding behavioral health issues, as well as highlighting the impact mental illness and addiction have on society.

- More than 50 million Americans struggle with mental health conditions.
- Rates of youth depression rose from 12.9% to 25.2% from the pre-pandemic period to 2021.
- Most Americans lack access to adequate mental health treatment, as 54.7% of adults with mental illnesses did not receive care in the last year.
- Members of LGBTQ+ community are almost three times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder.
- Annual prevalence among U.S. adults, by condition: anxiety disorders: 19.1%, major depressive episode: 8.3%, posttraumatic stress disorder: 3.6%.

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

### Emotional wellbeing

- Being emotionally well is vital to your whole health. Observe and manage your thoughts, feelings, habits and actions daily. Consciously view your experiences through a more positive lens of perception, leading to higher levels of joy and inner peace.
- Support your emotional health by being physically active, learning things outside your comfort zone, connecting with others, offering forgiveness and being kind to yourself and others.

## Money Matters

### May 2024 financial webinars

#### Balancing Your Financial & Emotional Wellbeing

May 14th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Stress is something everyone experiences. Financial and emotional strains are both common, routinely appear together, and can significantly influence your daily life. Successfully managing these stressors is key to your overall wellness. This webinar will examine several financial and emotional challenges and offer tips on how to manage them. You'll also learn about how to arrange valuable resources and how financial professionals can help.

#### Smart Money Moves: Tips for Major Purchases

May 30th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Whether it's a car, living room furniture or a washer and dryer, big purchases take special planning. This webinar will look at factors such as buying now versus later, saving up for a purchase versus financing, and buying versus leasing. Also for discussion will be credit and budget implications, as well as strategies for planning ahead and saving money over the long term.

Sources: Mental Health America, National Alliance on Mental Illness, Haseltine, William, et al., MindYourReality.com, WellAndGood.com, NationalToday.com.