



Momentum



Join our webinar, *Feeling stuck? Get unstuck*, on Wednesday, October 9 at 1:00 p.m. CT. We'll discuss how getting "stuck" can occur, and review strategies you can use to move forward and feel better. Scan the QR code to [register now](#).

How to get unstuck

Escaping a rut often takes self-reflection, a change in your perspective and a willingness to foresee something compelling in your future.

- Everyone gets "stuck" sometimes. Markers of a rut can include feelings of boredom, along with an absence of motivation, excitement and fulfillment.
- Take some time to examine where your life is now and whether it has turned out the way you hoped. Identify specific life events and relationships that likely spurred self-limiting thoughts that keep you from moving on confidently now.
- Explore your life's purpose. Ask yourself, "What am I passionate about? Am I pursuing it yet? If not, how can I start?"
- Change something! Go somewhere or do something out of the ordinary. This new stimulus can be the catalyst for making positive changes in your life.
- Plan an activity or get-together that you can look forward to and get excited about!



Digital Emotional Wellbeing Program*

Everyone experiences feeling down and sad from time-to-time, but it's important to know the signs of depression and how to treat them. The Digital Emotional Wellbeing Program, powered by NeuroFlow, may help you identify signs early and give you skills on how to manage these feelings. Get started with NeuroFlow to learn more about depression and what you can do to lessen the impact it has on your life. Visit your [member website](#) to learn more.

**If available through your program.*

Contact your Employee Assistance Program at 1-800-327-2640 (TTY 711) or go online to Member.MagellanHealthcare.com for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

National Depression and Mental Health Awareness and Screening Month

In October, we take time to assess our own mental health and that of others around us. If the presence of depression is possible, it's wise to take a screening to determine if we're at risk and could benefit from therapeutic support.

- More than half of Americans diagnosed with mental health conditions do not receive treatment.
- Depression symptoms can include fatigue; loss of interest in regular activities; sleeping too much or too little; feelings of sadness, hopelessness or worthlessness; changes in appetite or weight; and tearfulness.
- Those who don't get help for depression may feel that their distressing symptoms are just normal parts of life. Or they might think depression represents a character flaw or weakness. This is not the case!
- If you are depressed, or think you might be depressed, consider taking a confidential online screening. This is one of the quickest and easiest ways to determine whether you're experiencing symptoms of a mental health condition.

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

Working on Wellbeing

Career Wellbeing – Managing Job Stress

Job stress can come from many directions including work overload, doing work that's unfulfilling and conflicts with co-workers or customers. When you spot out-of-control stress, talk with a trusted friend or family member about your concerns. Start each day by making a to-do list of tasks. Prioritize the list according to tasks you must do, those you would like to do and those that can wait. Don't schedule too much.

Money Matters

October 2024 financial webinars

Estate Planning: Financial Basics

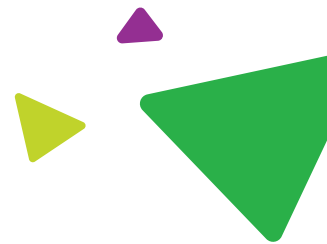
October 8th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Many people put off estate planning until it's too late. This webinar provides practical tips for creating a plan that reflects your values and goals. The class will cover various financial factors and tools that can help protect your assets and ensure that your wishes are carried out—tools like wills, trusts, powers of attorney and healthcare advance directives. Learn how you can start securing your legacy now.

Smart Money Moves: Holiday Planning

October 31st. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

The holidays are a time for celebration but can also bring stress and financial strain. This event will examine the financial side of holiday planning and provide ideas for keeping your budget in check while still enjoying the festive season. Learn about budgeting for gifts and entertainment, and get tips for finding deals and leveraging technology. Other topics will include hosting a gathering on a budget and avoiding debt.



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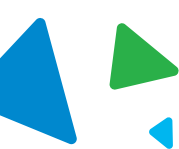
Self-care calendar

Make time to take care of you this month! This self-care calendar offers activities to help combat depression symptoms and improve your mood. Use the blank spaces for your own activities.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Give a stranger a compliment	Make your bed		Try a new recipe	Write a list of 10 things you're grateful for	Take a walk outside	Treat yourself to dessert
Spend time with a loved one	Listen to a podcast	Watch a favorite show	Try a new activity	Journal	Read a good book	
Write and send a letter to someone	Plan something exciting	Work on a puzzle	Listen to your favorite song		Move your body with a favorite activity	Talk with a friend
	Eat your favorite snack	Draw	Play with your pet	Run a small errand	Do something nice for someone	Play a board game
Take a nap	Listen to a new musician		Take a hike in nature	Skip the dishes and order takeout	Take a mental health day	Forgive yourself for something



Help is available. Visit your Employee Assistance Program member website, Member.MagellanHealthcare.com, or call 1-800-327-2640 (TTY 711).



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Six tips to cope with Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that occurs at the same time each year. If you are experiencing SAD, consider these tips to manage symptoms and potentially prevent it from coming back.

- 1 Get some light**—Spend time outside daily. Sit near windows when indoors. Consider using a light therapy box.
- 2 Eat nutritious meals**—Focus on vitamin D-rich foods (fatty fish, egg yolks, leafy vegetables). Avoid starchy and sweet foods.
- 3 Practice stress management**—Try relaxation techniques like meditation and deep breathing. Maintain a consistent sleep schedule.
- 4 Prioritize exercise**—Aim to get 30 minutes of exercise 3 – 5 times a week.
- 5 See friends**—Stay involved with your social circle for support during the winter months.
- 6 Seek help**—Talk to your healthcare provider about treatment options such as cognitive behavioral therapy, psychotherapy or medications.



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Managing Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a type of depression linked to seasonal changes, typically beginning when fall starts and intensifying during late fall or early winter.

What's the difference between SAD and the "winter blues"?

Many people feel a little down during colder months because they are stuck inside, and it gets dark early. These feelings, often called the "winter blues," are temporary. SAD is a clinical form of depression that affects your daily life, including how you feel and think. SAD can last up to five months of the year.

What causes SAD?

About 5% of adults in the U.S. experience SAD. It tends to start in young adulthood. SAD may be caused by reduced serotonin and vitamin D levels, altered melatonin levels, decreased sunlight and shorter days.

What are the symptoms of SAD?

If you have SAD, you may experience mood changes and symptoms of depression, including:

- Persistent sadness
- Increased anxiety
- Food cravings and weight gain
- Extreme fatigue and low energy
- Feelings of hopelessness
- Social withdrawal
- Sleep disturbances

What are treatment options for SAD?

Treatment should be tailored to you and supervised by a healthcare professional. Options include:

- **Spending time outdoors**—Getting more sunlight can help improve your symptoms.
- **Light therapy**—Using a light therapy box daily helps regulate circadian rhythms and boost mood.
- **Cognitive behavioral therapy**—This treatment helps identify and change negative thought patterns.
- **Vitamin D**—A supplement may help if a deficiency is present.
- **Medication**—Antidepressants may be prescribed for severe cases.



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