Momentum
Managing emotional well-being

TRILOGY HEALTH SERVICES, LLC   **PCA** PHARMACY   **PARAGON** REHABILITATION

BeWell Program
1-800-424-4039

Contact your program

24/7/365

for confidential, no-cost help for you and your household members.

Live Webinar—On Wednesday, May 13, join our webinar, *Mental Health First Aid, An Overview*. Register here.

Your emotional wellness is well worth it

Do you actively take care of your emotional health? When you're emotionally well, you're able to have supportive relationships, keep your emotions balanced and face life's challenges with resilience and a positive attitude. You remain flexible in adjusting to new situations and you make room for fun in your life.

Some tips on emotional well-being:

- When a difficult situation unexpectedly comes up, try to avoid the knee-jerk reaction of viewing it negatively. Strive to view the situation positively—as an opportunity to learn.

- Connect with friends and family. Don't keep troubles to yourself; work things out with people you trust.

- Review your schedule and decide if you're doing too much and not spending enough time on your own well-being. Start making small changes so you're able to do more of what you enjoy.

Building healthy emotional habits

1. If you often focus on your flaws, remember your strengths instead. Think of qualities like your technical skill, sense of humor, compassion and willingness to help others.

2. Don't compare your life to others or try to meet others' unrealistic expectations. Consider what's truly important to you, then take small daily steps toward reaching goals that are uniquely yours.

3. Regular exercise boosts emotional wellness. Through exercise, your body releases endorphins that trigger a positive feeling and reduce your perception of pain. Good exercise can be as simple as walking.

Log on to MagellanAscend.com today!

Magellan HEALTHCARE®

Mind Your Mental Health

May is Mental Health Awareness Month

This month, mental health organizations throughout the nation highlight the significance of mental health as part of one's overall sense of well-being.

1. **Mental health is vital to well-being.** While it's more common to focus on our physical well-being—including the food we eat, our exercise levels and getting check-ups for vision and dental care—we may forget our psychological and emotional conditions.

2. **Stigma has no place.** Mental health disorders impact people of every age, race, gender and social status. Just as with medical illnesses like heart disease or diabetes, there should be no shame in admitting to mental health problems and seeking help.

3. **Treatment makes a difference.** Reaching out for assistance can greatly help improve life for a person coping with a mental health or substance misuse problem.

Visit www.MagellanHealth.com/MYMH or call your program for confidential mental health resources.

Working on Wellness

A day to focus on lung health

- May 31 is World No Tobacco Day. This day highlights the health and other risks associated with tobacco use and advocating for effective policies to reduce tobacco use.

- If you've tried to quit previously, but started again: keep trying! Tobacco users now have many methods available to help them quit—a wide range of counseling services, self-help materials, nicotine replacement therapies and medicines.

Daily Diligence

Emotional health tips

- Hold onto positive emotions longer. This is a helpful part of resilience. Surround yourself with positive people who value their own health. Give yourself credit for helping others each day.

- Forgive yourself and move on after disappointments. Everyone makes mistakes; learn from what went wrong, but don't dwell on it. Get enough sleep and exercise to stay strong.

Much-needed treatment is often delayed

The average delay between the onset of people's mental illness symptoms and their access to treatment is...

11 years

*Sources: 2018 National Survey on Drug Use and Health,
the Substance Abuse and Mental Health Services Administration.*

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