

# Momentum



Join our live webinar, *Imposter Syndrome*, on Wednesday, July 8, 2026, at 1 p.m. CT. We'll explore techniques to overcome mental barriers that keep you from owning your achievements. Scan the QR code to [register now](#).

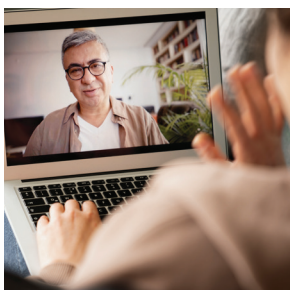
## Silence your inner critic

That quiet voice that questions your abilities or tells you that you don't belong can be powerful, but it doesn't have to lead. Understanding imposter syndrome can help you build confidence and resilience.

Imposter syndrome can affect anyone, at any stage. About 62% of people experience it. Doubting readiness, questioning success or worrying about keeping up can limit growth and wellbeing. Some things to try this month and beyond:

- **Name it:** Recognize these thoughts as common and temporary.
- **Track wins:** Keep a simple list of accomplishments, skills and positive feedback.
- **Challenge it:** Replace self-criticism with realistic, compassionate self-talk.
- **Connect:** Talk with trusted colleagues or mentors for perspective.

Small shifts in thinking can quiet the inner critic and help you show up with confidence.



## Virtual counseling, powered by BetterHelp\*

If you're feeling overwhelmed, stuck or just not quite yourself, you're not alone. BetterHelp makes it easy to connect with a licensed counselor, so you don't have to face it by yourself. Whether you prefer text message, live chat, phone or video sessions, you'll get expert, compassionate support tailored to your needs. It's confidential, convenient and designed to help you feel better, one step at a time. Visit your [member website](#) to learn more.

*\*If available through your program.*

Contact your Employee Assistance Program at 1-800-327-4581 (TTY 711) or go online to [Member.MagellanHealthcare.com](http://Member.MagellanHealthcare.com) for confidential, no cost help available 24/7/365 for you and your household members.

## Mind Your Mental Health

### Stress in children and teens

Summer brings fun and flexibility, but changes in routine, activities and social pressures can increase stress for children and teens. Stress may show up as irritability, worry, sleep changes, headaches, stomachaches or withdrawal from social activities.

Help kids relieve stress in healthy ways:

- **Exercise:** Walking, biking, outdoor play and sports help release tension and boost mood.
- **Write or draw:** Journaling or creative art helps children express worries and process emotions.
- **Let feelings out:** Invite kids to talk, laugh, cry and safely express anger.
- **Reduce screen time:** Encourage board games, hobbies, social time and volunteering.
- **Relax:** Practice breathing exercises, meditation, prayer, yoga or muscle relaxation.
- **Laugh together:** Humor lowers stress and builds connection.
- **Eat healthy foods:** Nutritious meals support energy, mood and emotional balance.

Small daily habits can make a big difference in helping kids feel calm, confident and supported.

### Working on emotional wellbeing

- **Emotional wellbeing involves tuning into your feelings,** including how you handle stress and bounce back from hard times.
- **Small, intentional steps can help.** Practice self-compassion by talking to yourself as you would a trusted friend. Ground your body, take short breaks to breathe deeply, stretch or walk. Reframe thoughts, such as "I'm not good enough," with "I'm learning and growing." Strengthen connection with others by sharing challenges, seeking feedback and accepting support.

### Financial wellbeing webinars

#### Retirement: Late Career Decisions

July 14. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

For a satisfying retirement, it's important to integrate your finances with your passions and priorities. What do you imagine for your retirement lifestyle and daily expenses? Whether you're on track with savings or not, your current decisions will affect whether you can sustain the future you envision. Learn how to assess where you'll live and how to fund travel, new skills and hobbies, opportunities to give back and different lifestyle decisions.

#### MSA Insights

July 23. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Master your money with MSA Insights! Join this event to stay ahead of market trends, learn from our expert Money Coaches and adopt strategies that help you boost your financial wellbeing and overall peace of mind. Ready to build the financial future you've always wanted?