

Momentum



Join our webinar, *Simplify your life to calm your mind*, on Wednesday, December 10, 2025 at 1:00 p.m. CT. Learn the value of decluttering, mindfulness and more. Scan the QR code to [register now](#).

Simplify your life

A cluttered life and mind require a lot of energy to keep up with. From disorganized physical spaces to distracting, ever-present electronic communication, opportunities for overload are many. Could you use some extra time and stillness to keep you more centered?

- Examine your schedule and ask yourself: What activities bring you joy? What do you like doing? Conversely, what saps your energy? Whenever possible, delegate, minimize or delete the draining activities.
- Try to increase your mindfulness—being fully grounded in the present moment and not overly reactive to extraneous stimuli.
- Clutter (physical or electronic) can cause anxiety and stress. Purge things that don't currently serve a purpose. One area at a time, sort physical items into categories such as *trash*, *keep*, *donate*, *recycle*, *sell* and *undecided*. Return to the undecided bin later.
- Do a digital detox from your phone; also clear out nonessential apps, photos and contacts.



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**If available through your program.*

Contact your Employee Assistance Program at 1-800-327-4581 (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

December is National Stress-Free Family Holidays Month

The holiday season can be joyful, but it can also bring stress. Here are some tips to help you enjoy a calmer, happier holiday:

- Be realistic about what you can accomplish. Don't aim for perfection; simplify and downsize wherever possible.
- Avoid heavy debates. If someone brings up an uncomfortable topic, stay calm and politely change the subject.
- Try new traditions. If old holiday rituals feel burdensome, experiment with new ways to celebrate.
- Stay active. Physical activity is a strong stress reliever and helps burn extra holiday calories. Consider going for a walk before or after meals.
- Moderate alcohol consumption. Alternate alcoholic drinks with water, or choose non-alcoholic beverages.
- Take breaks during events. Step outside for a few minutes to reset if social situations feel stressful.

Take care of yourself this season. You deserve a stress-free holiday!

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

Working on Wellbeing

Working on Emotional Wellbeing

- An important part of emotional wellbeing is being able to regulate our moods, thoughts, impulses and choices in all kinds of situations. People with high emotional wellbeing actively manage their feelings when confronted with change, uncertainty and even hardship.
- To better control your emotions, try mindfulness techniques like meditation or deep breathing. When you experience upsetting emotions, remind yourself to calm down, breathe and think clearly. Don't react until you feel like you have your emotions under control.

Money Matters

December 2025 financial webinar

MSA Insights

Dec. 9th. 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 well-being and overall peace of mind. Ready to build the financial future you've always wanted?