



# Momentum

*Staying strong and resilient*

## How to keep going when the going is tough

How good are you at rolling with life's punches? Somehow life always finds a way to serve up unexpected challenges. If you'd like to handle challenges better, try working on your resilience—so you can bounce back when facing a crisis or an overwhelming change. How?

- Differentiate problems from your response to them. Although a personal, work or financial crisis may temporarily seem disastrous, recognize that the events exist outside of you. You have the option of reacting with panic, or responding in a calmer, logical, problem-solving manner.
- Remind yourself that you've gotten through tough times before. Be confident in your ability to re-apply workable strategies.
- Don't think of yourself as a victim. Instead, focus on generating a positive attitude toward your situation and fixing only the things you have control over.

### Resilience tips

**Stay flexible.** Try not to get locked into a single approach to solving a life problem. As circumstances change, you might need to drop your original plan and develop an improved strategy.

**Lean on your support system.** Being able to share concerns with close family, friends and peers—and to brainstorm for practical solutions together—can give you more confidence as you move forward.

**In times of crisis, stay strong!** Be sure to eat well, get enough sleep and exercise, and practice relaxation techniques. Staying physically and spiritually fit helps you stay balanced amidst stressful times.



Employee Assistance Program  
**1-800-229-8674 (TTY 711)**  
MagellanAscend.com

Contact your program

**24/7/365**

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

**Live Webinar**—On Wednesday, August 11, join us for a webinar on coping with challenges: *Strategies to Navigate Stress and Build Resilience*. Register [here](#).

## Mind Your Mental Health

### Celebrate Friendship Day in August

The first Sunday in August (8/1 this year) is International Friendship Day—a day to celebrate both the old and the new friends in our lives. You might:

- Take some time to consider and appreciate those people who have stood by you during tough times.
- Accept an invitation to meet new people. You could make lifelong friendships that you didn't foresee.
- Reach out to your friends with a simple gesture of kindness such as a friendly text, email, phone call, flowers or a card.
- When communicating with old friends, share a memory of a past mutual experience that might spark a lively conversation and some welcome laughs today.
- It's easy to get so busy in life that we neglect our friendships. Remember to periodically express your admiration of and support for your valued companions—whether they're near or far.

Visit [www.MagellanHealthcare.com/About/MYMH](http://www.MagellanHealthcare.com/About/MYMH) or call your program for confidential mental health resources.

## Working on Wellness

### Take a dedicated day to relax

- Sunday, August 15 is National Relaxation Day. The observance encourages you to slow down and unwind. It's a day to focus on taking care of yourself and dedicating time to relax.
- Relaxing ideas include having a spa day, unplugging from screens, going for a swim, playing golf, lunching with friends, hiking in nature, having a picnic, going fishing or reading a book.

## Showing Support

### Back to School Month

- This August observance encourages everyone to prepare for the upcoming academic year. It emphasizes helping kids improve skills like staying organized, knowing when to ask for help and managing their school-day hours.
- To help keep everyone organized, start a family calendar encompassing back-to-school shopping, transition days for resuming the school schedule, key academic dates, sports, other extracurriculars, teacher conferences, doctor appointments and additional commitments.



## Managing Work-Life Balance

### Getting organized this season

With school starting anew, adopt strategies you think could help your family stay on top of things. Test out different organizing techniques so your family can identify which ones work. Establish an after-school schedule that allows kids time for snacks, relaxation, play and study. Remove distractions like phones, TVs and video game consoles from homework areas. Establish healthy at-home routines for school days, such as consistent waking times and getting-ready patterns.