

# Momentum

Getting the most out of your program



Go online to access more information!



## EAP facts

- ✓ If you're struggling with an issue, you shouldn't feel anxious about seeking help. Accessing your EAP benefit is convenient, confidential and safe.
- ✓ When you want to make changes in your life—whether personal or professional—your program helps you create a practical plan of action.
- ✓ Getting the perspective of a qualified, experienced, non-judgmental coach or counselor is a valuable component in making the self-improvements you seek.

## The value of your Employee Assistance Program

Did you know there's a program in place that can partner with you in navigating whatever life challenges you may face? As 2019 kicks off, it's a perfect time to get expert help with overcoming obstacles and reaching your goals.

Staffed by licensed clinical professionals, the Employee Assistance Program (EAP) helps with a wide array of issues:

- Behavioral health issues like depression, anxiety, panic, phobias and obsessive compulsive disorders
- Stress caused by home or work
- Insomnia and other sleep difficulties
- Alcohol or drug misuse
- Relationship and parenting issues
- Weight loss challenges
- Major life transitions

The EAP provides confidential help accessible through coaching, counseling and online self-paced programs on topics you select. As well, you have access to extensive educational resources on your member website. The program is provided at no cost to you and your household members, and is available 24/7/365.



**Webinar**—Join us Wednesday, January 9 for an enlightening webinar on how the EAP can be Your Partner Through Life's Struggles and Juggles. Register [here](#).

Log on to [MagellanAscend.com](http://MagellanAscend.com) today!

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## Mind Your Mental Health

Have you ever set New Year's resolutions for your mental health? Consider these ideas for improved mental health this year.

- Better balance in life will keep your mental health on a more even keel. If you're working too much, find ways to delegate tasks. [Read these six tips](#) about maintaining emotional balance.
- When you face a sudden change in life, does it typically become a crisis? Or, are you able to bounce back—to calm yourself down and brainstorm practical solutions? [Learn how to measure your resilience.](#)
- There are many steps you can take to boost your mental wellness—from getting better sleep to exercising more. [Check out these five tips](#) on how to improve your mental health.

## Working on Wellness

Incorporate smart eating and fitness strategies this year!

- **Use substitutions to fight cravings.** When you're tempted to reach for an alcoholic beverage or junk food, try substituting with flavored water or vegetable snacks.
- **Stick with your workout plan.** Regularly working out with an exercise buddy can keep you on track. Use a fitness app to track how much you walk, run or lift, plus calories burned.

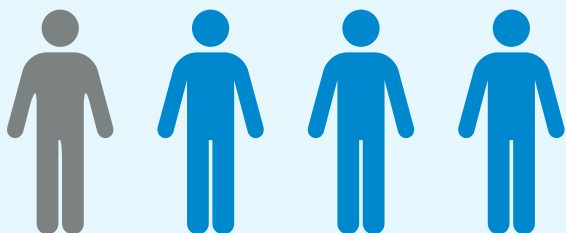
## Daily Diligence

The EAP can provide practical solutions for you on a daily basis, so reach out! Examples:

- You've struggled to achieve an important personal goal and could use some skilled one-on-one coaching.
- You're suffering with the winter blues and would benefit from counseling and other resources to build coping skills.
- You're experiencing frequent panic and would benefit from a self-paced online program that helps you deflect unhelpful thoughts.

Additional sources: WebMD.com.

*A recent survey showed that three in four people who used their program's services reported that their functioning at work improved.*



75% of members  
accessing the EAP reported  
improvement in work functioning