



Momentum



Join our webinar, *Managing Intense Emotions in the Moment*, on Wednesday, November 13 at 1:00 p.m. CT. We'll discuss how to head off upsetting emotions before they get out of control. Scan the QR code to [register now](#).

Handling big emotions

Emotions are a normal part of everyday life. We feel frustrated when we're stuck in traffic. We feel sad when we miss our loved ones. We can get angry when someone disappoints us or does something to cause us pain. While we expect to feel these emotions regularly, some people start to experience emotions that are more intense and impact their lives. The good news is that we can learn emotional regulation, or, how to handle big emotions.

- Emotional regulation means taking any action that alters the intensity of an emotional experience. It doesn't mean suppressing or avoiding your emotions.
- Powerful emotions often surface quickly. A key to emotional regulation is to pause and breathe deeply.
- Pay attention to what you're feeling physically. Is your stomach upset? Heart racing? Tension in your neck?
- Try naming the emotion you're feeling. Is it anger, sadness, disappointment, resentment, fear? Sit with and strive to understand the emotion.
- You have a choice of how to respond. Instead of lashing out, can you respond differently this time?



Your member website

Take an active role in managing your wellbeing. Navigating the ups and downs of life can be challenging. On your program's member website, you have access to the latest technology, industry-leading and clinically-validated services, tools and resources. Peruse the site to find information and benefits for a variety of needs including family, finances, legal, and mental and physical wellbeing. Visit your [member website](#) to learn more.



Scan the QR code to visit your member website for more information.

Mind Your Mental Health

Holiday emotional wellbeing

With so much going on, this time of year can usher in many emotional highs and lows. If you struggle with your emotions during the holiday period, consider these self-care tips.

- Remember that it's okay to feel ambivalent during the holidays. Some of your experiences may be interpersonally warm and fuzzy, while others may feel uncomfortable.
- Develop a plan for when you're feeling sad, stressed or lonely. This could entail contacting a close friend or family member, going for an outdoor walk, watching videos that give you laughs or any other activity that brings you joy.
- If an event causes you uncomfortable emotions, identify them, remind yourself that they're temporary and vow to carefully examine them later on.
- Be sure to schedule soothing activities over the holidays that recharge your mind and body. Try reading, listening to your favorite music or painting. Do relaxation techniques or fit in some extra naps.
- Kindly yet firmly set limits and boundaries on your time.

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

Working on Wellbeing

Emotional wellbeing – Helping your child manage their emotional reactions

- Model the behavior you'd like to see your child exhibit. Demonstrate the value of resolving problems with others through use of controlled, respectful language.
- Teach kids to wait and calm down before responding with an emotional meltdown. Help them learn about different emotions so they can be more aware of what they're feeling. Do an art project using faces to illustrate a range of emotions.

Money Matters

November 2024 financial webinar

Retirement: Understanding Medicare

November 12th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Medicare is a complex system, but understanding your coverage options can be essential to getting the healthcare you need at this stage of life. The webinar will cover some of the basics of Medicare, including the different plan parts and what services they cover, eligibility requirements, and enrollment periods. Also on tap for discussion will be considerations for choosing a plan, maximizing your benefits and navigating the Medicare system.

Sources: Healthwise, BetterUp.com, Substance Abuse and Mental Health Services Administration (SAMHSA), National Alliance on Mental Illness (NAMI).

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