



Making emotional wellbeing a priority this holiday season

Resources for holiday emotional wellbeing

- Visit MagellanHealthcare.com/Holidays to find materials and information for yourself and to share with family, friends and colleagues!



Events

Upcoming

- November 10, 2022, 2:00 – 3:00 p.m. ET
Magellan Federal webinar, "**The power of purpose**" ([info and registration](#))
- November 16, 2022, 2:00 – 3:00 p.m. ET
Magellan Healthcare webinar, "**Protecting your emotional wellbeing this holiday season**" ([info and registration](#))



Previous

- October 31, 2022
Magellan Healthcare webinar, "**Protecting your neck and improving pain**" ([info and recording](#))

- October 25, 2022
Magellan Healthcare webinar, "**Depression is real. Recovery is possible.**" ([info and recording](#))

Magellan in the news

- *Forbes Health*, [What Is Self-Sabotaging, And Am I Doing It?](#)
- *Forbes Health*, [How To Deal With Stress At Work, According To Experts](#)
- Magellan Health, [Magellan Healthcare Launches New Senior Assistance Solution](#)
- Magellan Health, [Magellan Health Opens 24-hour Crisis Line for Individuals Impacted by the School Shooting in St. Louis, Missouri](#)



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