



# Momentum



**Live Webinar**—On Wednesday, July 12, get a positivity boost via an illuminating webinar, *The Pursuit of Happiness Using Positive Psychology*. Register [here](#).

## Pursuing happiness

Although “the pursuit of happiness” is one of our longstanding inalienable rights, modern life might just call for an updated mindset where happiness is concerned.

- Rather than pursuing happiness, consider starting with happiness! Practice gratefulness for your many gifts.
- There’s little value in aiming at an idealized, vague vision of happiness “out there.” Since you can’t quantify it, you’d never know whether you’ve attained it!
- Instead of seeking comforts, experience the flow of engaging activities—whether they’re creative, social, athletic or professional.
- Too often we imagine that there’s something just beyond our reach that might bring us happiness: a better relationship, better finances or a thinner waist. However, everything you need is already within you. Build on that knowledge to expand your happiness.
- Don’t compare yourself to others. Share your dreams only with people who support your vision of success.



## Identity Theft Resolution\*

Identity theft can put you through months of worry and trouble. With Identity Theft Resolution, access one free 60-minute consultation with a Fraud Resolution Specialist™ who will provide you with an ID Theft Emergency Response Kit and assist with actions like notifying credit reporting agencies and initiating fraud alerts. Visit your member website to get started.

*\*Eligibility based on your specific program benefits*

**Visit your member website for more information.**

## Mind Your Mental Health

### July is BIPOC Mental Health Awareness Month

This month we highlight the presence of unfair inequities such as systemic discrimination and racism that harm the mental health of those in Black, Indigenous and People of Color (BIPOC) communities.

- While nearly one in five Americans experiences a mental health condition each year, people in marginalized communities may also struggle with a lack of health insurance and access to services, plus cultural stigma that discourages getting needed care.
- Research has shown that BIPOC groups are:
  - Less likely to have access to mental health services
  - Less likely to seek out treatment
  - More likely to receive low or poor quality of care.
- Many BIPOC individuals report experiencing high levels of psychological distress, depression and suicidality.
- If someone you know needs help with a mental health condition, encourage them to contact a licensed mental health professional. Everyone deserves accessible, fair and appropriate treatment.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### Emotional wellbeing

- Emotional wellbeing is the ability to successfully handle life's stressors and adapt to change and challenges. People who are emotionally well usually harbor fewer negative emotions and are better able to bounce back from difficulties. This is resilience.
- In addition to eating healthy, getting regular physical activity and having good sleep habits, emotionally well people have strong social connections and lean on their family and friends to cope with stress. You too can do this!
- Improve your emotional wellbeing and develop a more positive mindset by remembering good things you've done, forgiving yourself and practicing gratitude.

## Money Matters

### July 2023 financial webinars

#### Student Loan Repayment Strategies

Tuesday, July 11. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)  
For many employees, especially in early career stages, student loan payments are an onerous monthly expense. In this class, participants learn about repayment options and loan forgiveness programs that meet their individual goals, plus strategies to reduce payments and pay off loans faster.

#### Investing: Risk Considerations & Taxes

Thursday, July 27. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)  
This class reviews five types of investment risks. It also explores tax implications of investing, plus investment examples and possible risks to consider. The webinar also recommends action steps for those who wish to learn more.