

Momentum

Developing resilience and grit

Creighton
UNIVERSITY

Employee Assistance Program
1-800-424-4831



Contact your program

24/7/365

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



Live Webinar—*Emotional Muscle Part Two: How to Grow Resilient School-Age Kids and Become Stronger Parents, on Wednesday, January 8.* Register [here](#).

You can build your resilience

How good are you at rolling with the punches? Somehow, life always manages to present you with challenges that you didn't see coming. Fortunately you can improve your resilience skills—enabling you to bounce back when confronted with a crisis or an unexpected change.

- Remember that change is constant, and that sometimes a big, intimidating change can become a positive learning experience that helps you grow.
- If you have a disconcerting personal, work or financial crisis, you could either react with panic, or try responding in a calmer, less-emotional way. Develop and follow a step-by-step plan for resolving the issue.
- Lean on your close family, friends and peers. Sharing your concerns, and brainstorming for creative solutions together, can give you more confidence as you move forward.

Tips for meeting challenges with resilience

1. Don't forget your own needs. In challenging times, be sure to eat well, get enough sleep and exercise, practice relaxation techniques, and continue your favorite leisure activities.
2. Even the most unwelcome developments usually embody something zany or absurd. Try to laugh whenever you can. Humor is healthy!
3. Look for the light at the end of the tunnel. No matter how difficult a situation may be, remember that even the darkest of days won't last forever.

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Magellan
HEALTHCARE®



Mind Your Mental Health

January is Mental Wellness Month

Mental Wellness Month affirms that being mentally healthy is a vital part of our overall well-being. Just as it's important to monitor markers of our physical health such as blood pressure or cholesterol levels, we need awareness of our emotional well-being. This can include our moods, our ability to function socially, our energy levels and our ability to respond to challenges.

1. **Be aware.** Seek help if you experience ongoing feelings of sadness or hopelessness; loss of energy; insomnia, early awakening or oversleeping; or restlessness and irritability.
2. **Get support.** Call your program's toll-free number or log on to your program website to access education, tools and resources to help you learn practical ways to improve your mental health.
3. **Care for yourself.** Avoid alcohol and drugs. Refresh your psyche by walking or driving to a new place, or try a new restaurant. Express your feelings through writing, painting or drawing.
4. **Give treatment time.** If you've begun mental health or substance abuse treatment, stay with your treatment plan and don't prematurely discontinue any prescribed medications.

Visit www.MagellanHealth.com/MYMH or contact your program for resources to help yourself or someone you care about with mental wellness.

Working on Wellness

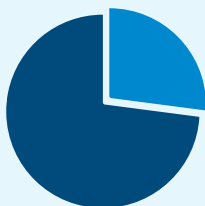
Kick off 2020 with a healthy approach

- January is Healthy Weight Awareness Month. Set specific goals for losing weight (e.g., five pounds by March 1) and exercise (e.g., walk at least one mile twice per week). Post your goals where you'll regularly see them.
- If you slip up in diet or exercise, don't criticize yourself. Just get back on track with your plan!

Daily Diligence

Get in touch with your true grit

- View your strengths positively. Remind yourself that you're a strong person, and that you've gotten through tough times before. Be confident in your ability to re-apply successful coping strategies.
- Bounce back intelligently. When you suffer a setback or a perceived failure, work hard to compartmentalize it, keep it in perspective and learn from it.



28% of Americans (80.2 million people) aged six and older are physically inactive.

Source: Physical Activity Council