



## YOUR SOURCE Balancing Work, Family & Life

### Your Healthy Relationships

Your relationships with family, friends and even co-workers are an important part of your life. They can bring happiness and joy—and sometimes a lot of stress. In any relationship, challenges are inevitable, but it's how you manage those challenges that can make your relationships emerge stronger than ever.

Click It! to get connected and learn more through *Your Healthy Relationships* on the *Spotlight* section of [MagellanHealth.com/member](http://MagellanHealth.com/member).

- Check out articles to help you manage long-distance relationships, military separation and blended families. And, learn the best ways to communicate with your kids and co-workers.
- Take a fresh look at your relationships through assessments and calculators that can help you discover the strengths and opportunities that lie in each of your interactions.
- Expand your knowledge of resources available in your community.

### The Melting Pot at the Workplace Webinar

Wednesday, July 15, 1-2 p.m. CST

Diversity is as basic as the air we breathe. It's what makes us who we are, and it's a part of each interaction we have, every day. Our race, religion or moral code has a big influence on our outlook on the world, in our communities and in our workplace.

Save the date for this Webinar and gain insight into the value of diversity and how the views of individuals from different cultures can benefit your workplace. Simply Click it! and register directly on the Web site under *Tools, On Demand Learning*.

### Click it! to check it out online

Log on to [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member) and register with your program's toll-free number to access *Your Healthy Relationships*, and other helpful resources in the *Spotlight* section.

**1-800-937-2112**



Answer: 17 percent, according to the U.S. Census Bureau. Additionally, 13.4 million children live in extended families containing someone other than their parent or sibling. Of these, about 6.5 million live with at least one grandparent.

What percentage of children live with a stepparent, stepsibling and/or half sibling?

- 17 percent       28 percent  
 24 percent       54 percent

Check your answer on the bottom.

### Now That's An Idea!

Going through military deployment or on an extended trip away from home? Check out these ideas on how to stay in close contact with your loved ones, even when you're far apart.

- Create a family blog or Facebook page as a central place for your family and friends to "meet" and stay up-to-date.
- Use a video camera to give your loved ones a "tour" of the place you are staying and the things you do during the day. Post it online or e-mail it to them.
- Don't underestimate the power of a handwritten letter.
- Write or e-mail as often as you can.

Separation is tough, but keeping in touch makes things a little easier. And the best part? Eventually, you'll all be back together again.

