



YOUR SOURCE Balancing Work, Family & Life

Your Health and Happiness

Reaching out to get the help you need during difficult times is not always easy. However, by doing so, you can overcome barriers and challenges and get to where you want to ultimately be in life. It doesn't matter whether you are dealing with the symptoms of depression, unusual amounts of work/life stress or substance abuse issues—there is hope.

Click It! to get connected and learn more through *Your Health and Happiness* on the *Spotlight* section of MagellanHealth.com/member.

- Explore articles about staying resilient during tough economic times, depression among the elderly and postpartum depression
- Access community resources for behavioral health issues for adults and children
- Take a depression or substance use self-assessment and learn helpful coping skills

Professional Success Through Emotional Intelligence Podcast

Is being strong emotionally important to a career? Yes it is. Learn ways to improve your people skills and handle different situations so that you can always be your best.

Available online mid-May, simply Click It! and download the Podcast titled, *Professional Success through Emotional Intelligence*, under *Tools, On Demand Learning*.

Check it out online...

Log on to www.MagellanHealth.com/member and register with your program's toll-free number to access *Your Health and Happiness*, and other helpful resources in the *Spotlight* section.

1-800-937-2112



According to the National Alliance on Mental Illness (NAMI), one in four adults—approximately 57.7 million Americans—experience a behavioral health disorder in a given year.

In a given year, approximately how many Americans are coping with a behavioral health disorder?

- 57.7 million 152,000
 25.4 million 16,000

Check your answer on the bottom.

Now That's An Idea!

Learn to recognize, challenge and change your negative thinking. Ask yourself the following questions:

- Is my thought or perception accurate?
- Am I jumping to conclusions?
- In the big scheme of things, is this issue really that important?
- If this thought lowers my mood, then why am I thinking it?

Once you've asked yourself these questions, change your thoughts to ones that are more realistic and productive. For instance, how could you turn this negative thought to a positive one?

"I always make mistakes."

Try challenging and changing your negative thinking by saying:

"Everyone makes mistakes. There are a lot of things I do very well."



Getting Better All the Time™