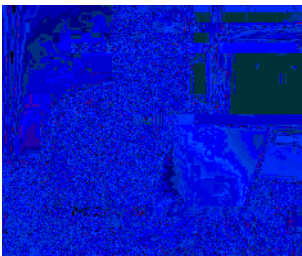


# Momentum



## Prioritizing self-care

- Follow healthy habits in sleep, diet and exercise. Drink plenty of water.
- Schedule at least 15 or 20 minutes of “you” time each day for creative hobbies or spiritual practice—whatever means a lot to you on a personal level.
- Take breaks throughout the day to stand up, stretch and move. This helps recharge your creativity.
- Set boundaries on your time and say “no” to requests sometimes. If something doesn’t fit with your priorities right now, you can gracefully decline.
- If you have a life partner, be sure to take a little one-on-one time each day to stop and share stories from your day. This helps keep your relationship healthy, intimate and supportive.



## Digital Emotional Wellbeing Program

Take advantage of easily-accessible app-based personalized health improvement tools. Powered by NeuroFlow, Magellan’s Digital Emotional Wellbeing Program helps identify the right type of health improvement and progress-tracking activities for your condition. The program helps you cope with challenges like depression, ADHD, chronic pain, grief and loss, stress, caregiving, PTSD and more. Visit your member website to get started.

