



Momentum



Join our live webinar, *Stress Management for Managers*, on Wednesday, June 24, 2026, at 1 p.m. CT. This is a leader's guide to identifying stressors and applying effective stress-relief practices. Scan the QR code to [register now](#).

Maintain calm in stressful times

When stress levels rise, your team looks to you, and your composure becomes their anchor. The key to staying calm in these moments is managing your emotions skillfully, not suppressing them.

- **Recognize your physical stress signals:** When you notice tension building, pause. Take three deep breaths before replying to urgent emails or joining tense meetings. This brief reset prevents reactive decisions you might regret.
- **Reframe stress as information, not a threat:** Ask yourself: What specifically am I worried about? This simple question transforms anxiety into a manageable issue you can address systematically.
- **Communicate transparently:** Acknowledge challenges with confidence. Your composed presence reduces uncertainty and reassures others, even if you don't have all the answers.
- **Maintain boundaries:** You can't pour from an empty cup. Regular exercise, adequate sleep and moments of genuine disconnection are essential leadership tools that protect your capacity to lead.



Virtual counseling powered by BetterHelp*

If you're feeling overwhelmed, stuck or not quite yourself, you're not alone. BetterHelp makes it easy to connect with a licensed counselor via text, chat, phone, or video. Virtual sessions are confidential, convenient and tailored to your needs. Visit the [Counseling page](#) on your member website to learn more.

**If available through your program.*

Contact your Employee Assistance Program at 1-866-580-9046 (TTY 711) or go online to Member.MagellanHealthcare.com for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

Take care of you, too

Carrying everyone else's stress while quietly sidelining your own is one of the most common and least acknowledged hazards of leadership. As we recognize Juneteenth, a reminder of our shared history and progress, it's also a meaningful prompt to pause and care for your wellbeing amid daily leadership duties.

Protect your energy and keep yourself grounded even when your team needs a lot from you:

- **Protect your time and attention:** Set predictable times for replying to messages and block short focus windows. When your team knows your rhythm, you can be more present and effective.
- **Reset your energy with micro-recoveries:** Take short breaks between meetings or after tough conversations to keep stress from piling up.
- **Integrate wellbeing into your leadership:** Prioritize what helps you feel steady, like sleep, movement or support from others. When you're resourced, you show up with more patience, clarity and compassion.

Visit the [Mind Your Mental Health](#) page on your member website or call your program for confidential mental health resources.

Working on social wellbeing

At times, leading a team while also reporting to your own leadership can feel like being alone on an island. For managers, responsibilities and stressors come from both directions, yet they tend to have fewer opportunities to connect with direct peers who can relate.

Be deliberate about creating social outlets at work by making a point to regularly engage with other managers. Reach out to discuss a current challenge, take a quick walk to catch-up or schedule a periodic call just to check in.

Financial wellbeing webinars

A Guide to Smart Homebuying Decisions

June 9. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Buying a house could be one of the largest purchases you ever make. This event will help you navigate the process. We'll cover topics like budgeting, financing options, finding a real estate agent and more. You'll also learn about avoiding common pitfalls and different types of mortgages. Additionally, we'll explore some financial benefits, such as potential tax advantages and building equity.

MSA Insights

June 25. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Master your money with MSA Insights! Join this event to stay ahead of market trends, learn from our expert Money Coaches and adopt strategies that help you boost your financial wellbeing and overall peace of mind. Ready to build the financial future you've always wanted?