



YOUR SOURCE Balancing Work, Family & Life

Your Stress Manager

Stress is a part of everyone's daily life. However, it does not have to put your health at risk! **Click It!** to access a wealth of resources that can help you manage stress:

- **Articles** from solving problems proactively to taking time out during your day to relax.
- **Tools and Calculators** to find out if changing your lifestyle will result in a less stressful life.
- **Assessments** that can help you manage your time more effectively and learn new skills for handling everyday stress.

Stress Management Webinar on February 18

Beat job stress at its own game. Join the Magellan stress management Webinar on Wednesday, February 18 from 1:00 – 2:00 p.m. CT to learn effective stress management strategies.

To join the upcoming Webinar, simply **click here** to register and create your own password. Can't join the live Webinar? Don't worry. A replay will be available online until the end of February. **Click It!** and go to *Tools, On Demand Learning*.

Discount on Online Tax Filing Programs

It's that time of year again and filing for taxes can certainly be stressful. And, paying for a professional to handle your taxes can cause extra stress on your finances. Not this year. Through your Magellan program, you can receive a 25 percent discount off the retail price of H&R Block TaxCut® Online tax preparation programs! Simply **Click It!** and register to access the *H&R Block Tax Program Discount* link in the *Spotlight* section. Discount only available when accessed through MagellanHealth.com/member.

Click It!

Log on to www.MagellanHealth.com/member to read articles and access all types of information, resources and assessments on managing your stress. Register with your program's toll-free number and click on *Your Stress Manager* in the *Spotlight* section.

www.MagellanHealth.com/member

Correct Answer: According to the American Institute of Stress Web site, surveys show that one million people in the U.S. are absent from work every day due to stress-related disorders.

How many people miss work each day due to stress?

- One million
- 50 thousand
- 100 thousand
- Half a million

Check your answer on the bottom.

Now That's An Idea!

For most people, a cluttered home causes stress. So why not de-clutter and de-stress at the same time by trying these 'neat' tricks?

- **Organize a neighborhood garage sale**—A few hours of work can turn into a lot of extra cash.
- **Pack up unwanted items and donate them to a local charity**—Find local donation centers like Purple Heart or Goodwill online.
- **One person's trash is another person's treasure**—Offer items to a friend that could use them.
- **Keep your things, but get them out of sight**—Organize items in storage bins and store them in the garage.



Convenient. Practical. Powerful.

Magellan's Webinars and Podcasts

Living your healthiest, most productive and fulfilling life is within your control. Our Webinars and Podcasts provide you with practical solutions that will help you live life—better! Join an interactive Webinar, view a replay or download a Podcast on a variety of subjects that include helpful information, practical tools and resources.

LIVE WEBINARS

Protect Yourself from Identity Theft

Thursday, January 22, 1:00 – 2:00 p.m. CT

Beat Job Stress at Its Own Game

Wednesday, February 18, 1:00 – 2:00 p.m. CT

Life with an Autistic Child

Wednesday, April 15, 1:00 – 2:00 p.m. CT

Parenting: Moving the Cleavers into the 21st Century

Wednesday, June 17, 1:00 – 2:00 p.m. CT

The Melting Pot at the Workplace

Wednesday, July 15, 1:00 – 2:00 p.m. CT

Raise Peaceful Children in a Violent World

Wednesday, August 19, 1:00 – 2:00 p.m. CT

Protect Your “Techy” Teenagers: The Internet & Beyond!

Wednesday, December 16, 1:00 – 2:00 p.m. CT

DOWNLOADABLE PODCASTS

Log on to www.MagellanHealth.com/member to access Podcasts. Go to *Tools, On Demand Learning*.

Better Sleep: It's Not Only About the Mattress

Available mid-March

Life with Autism: Teenagers and Adults on the Spectrum

Available mid-April

Achieve Professional Success through Emotional Intelligence

Available mid-May

Talk with Friends and Family about Depression

Available mid-September

Prepare a Safety Plan and Put an End to the Violence

Available mid-October

Curing the ‘Disease to Please’ through Boundary Setting

Available mid-November

How to Join a Live Webinar

You can participate in any Webinar online and by phone through a toll-free number. Refer to the front page for registering information.

Can't Join a Live Webinar?

Don't worry. You can access a replay of the Webinar and handouts as well as details on upcoming Webinars on www.MagellanHealth.com/member. Log in and go to *Tools, On Demand Learning*.