

Momentum

Being your authentic self



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more information!**



Contact your program

24/7/365

for confidential, no-cost
help for you and your
household members.



Live Webinar—You can cope
better with the holidays! Join us
Wednesday, October 14 for *How
to Thrive This Holiday Season*.
Register [here](#).

To yourself be true

You may have heard about how *being authentic* can improve your daily life. But it's more than just a phrase. Being authentic means being real—when our outer actions and words match with our inner beliefs and values. It means truly being ourselves—not what our parents or the media have told us to be. So how can you be more authentic?

- Take some time for self-reflection about what's right for you, your energy, your time and your interests. Get in touch with your true wants and needs.
- Don't internalize your uncomfortable feelings and let them fester. Have the courage to share your imperfections, such as shame, guilt, regret, etc., with others.
- Let go of who you think you're supposed to be, and embrace who you actually are.

Clues that you might not be acting authentically

1. You suppress your opinions when around others. You allow others to interrupt and influence major decisions in your life. You don't trust yourself to make choices for yourself.
2. You compare yourself to others, and worry what they think of you. You'd like to be perceived as "perfect," so you create unreachable standards for yourself that leave you feeling disjointed.
3. You fear that if you display who you truly are—interacting with others without changing or censoring yourself in any way—that others might feel upset with or abandon you.

Additional sources: Mayo Clinic, Tiny Buddha, The Collective, Mindful.

Log on to MagellanAscend.com today!

Magellan
HEALTHCARE®



Mind Your Mental Health

October is Depression Awareness Month

This observance teaches about the signs, symptoms and treatment options for depression. It also affirms that when help is needed, seeking assistance—either from a licensed professional or a trusted friend—is a sign of hope and strength. When struggling with depression, you're not alone!

1. **Look for the signs.** If you have feelings of sadness that are intense or continue for two weeks or more, you may be suffering from depression.
2. **Reach out.** If you're battling depression, contact your program for helpful resources.
3. **Be patient (and safe) with medications.** If you've been prescribed an antidepressant, continue to take it as directed, even after you've started feeling better.
4. **Stay with treatment.** Follow the treatment plan—including attending all sessions—that you've established with your provider.

Visit www.MagellanHealth.com/MYMH for mental health resources.

Working on Wellness

Tips for women on avoiding breast cancer

- Breast Cancer Awareness Month (October) promotes awareness of the disease, including the importance of early screening, diagnosis and treatment. Breast cancer is by far the most common cancer in women worldwide.
- To help prevent breast cancer: control your weight, avoid smoking, stay active (e.g., aerobic and strength training), limit alcohol intake, and limit exposure to radiation and environmental pollution.

Daily Diligence

Tapping into authenticity

- Decide if your internal compass is being drowned out by external pressures that are disguised as your own internal goals. Recognize which is which, and prioritize your internally driven desires.
- Roll with the up and down. If someone asks how you're doing, and you're not okay, say so. Conversely, if someone offers you a compliment, resist the urge to deflect or self-deprecate.



of people hide
at least one aspect
of their identity at work.

Source: Deloitte Development LLC

