

# Momentum

*Setting the stage for 2021*



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**Live Webinar**—On Wednesday, December 9, 2020, join us for *Exploring Habits for Positive Behavior Change*, a webinar on personal growth. Register [here](#).

## Starting fresh with goals and plans

As another year rolls in, it's a good time to take stock of your life and decide if you need to make changes in any realm—from career to health to family to education to finances.

- Do some big-picture thinking about what you really want to accomplish this coming year. Look back at 2020; if bad habits held you back, identify their underlying triggers and replace bad habits with healthier ones.
- Develop an action plan including the task steps and resources you'll need to reach your goal. Set specific, measurable, attainable, time-based goals.
- Put your plan in writing to 1) maintain a clear sense of what you're trying to accomplish, and 2) chart your progress next year. The act of writing down goals helps you commit to them.

## Tips for not giving up on goals

1. Sometimes when pursuing goals, it seems we're spinning our wheels—and not progressing. Identify your true priorities, pursue one goal at a time, and gradually add more goals as you progress.
2. Be flexible. Sometimes things beyond your control can sidetrack your goal progress. Consider revising your goal. Approach it in increments—with short-term, achievable milestones as part of a larger goal.
3. If you experience doubts about your goal pursuit, confer with and get support from people you trust. Also, take breaks from goal pursuit so you don't burn out.

Log on to [MagellanAscend.com](https://MagellanAscend.com)

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## Mind Your Mental Health

### December is Stress-Free Family Holidays Month

For many, the winter holidays can be the most stressful time of the year. The pressures to keep up with social occasions and make others happy can lead to physical and mental exhaustion. Here are some simple ideas for cutting holiday stress.

1. **Don't seek perfection.** People often maintain an idealized image of how the holidays should be. However, everything about your holiday season doesn't have to be perfect or just like last year.
2. **Simplify wherever possible.** Be realistic about what you can do during the holidays. Eliminate some tasks or social functions so that you have more time to enjoy the people you value most.
3. **Avoid social media.** Others posting images of lavish dinners and perfect parties can lead us to feel we're not measuring up.
4. **Continue your workout routines.** Exercise helps bust stress and burn off calories that accumulate so quickly at this time of year.

Visit [www.MagellanHealth.com/MYMH](http://www.MagellanHealth.com/MYMH) or contact your program for resources to help yourself or someone you care about.

## Working on Wellness

### Small steps toward better health

- Take more walks at home and work. Use the stairs, not the elevator. Also, try Pilates, water aerobics, biking or strength training exercise—and make it a regular part of your schedule.
- Improve your diet gradually. Start to replace desserts and sweetened drinks with fresh fruit and juices. Add more vegetables, whole grains, yogurt, fish, and lean meat to your diet.

## Daily Diligence

### Use images to visualize & attain your goals

- Build an array or display board of images that represent a key goal you've established for the coming year. How will it look and feel? Post photos, illustrations or keywords.
- Getting a frequent visual reminder of what you're striving toward (e.g., a new car, home, home remodeling, travel destination, career, etc.) will reinforce the goal in your mind and help you actualize it.

## Top holiday anxieties for Americans

41.8%

Financial  
concerns

19.4%

Strained family  
relationships

18.0%

Juggling a huge  
to-do list

Source: DrugAbuse.com survey