

# Momentum

*Increasing your self-control in  
challenging situations*



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**Live Webinar**—*Mindfulness—  
The Life-Changing Practice for  
Living a Happier, Healthier Life,*  
on Wednesday, February 12.  
Register [here](#).

## Emotional control strategies help you keep it together

How many times have you reacted emotionally in a heated moment, and then said something that you regretted later? If you're like most people, you've done it plenty of times. There are, however, proactive strategies you can adopt to manage distressing emotions and situations.

- The human brain was programmed for survival. When your emotional brain perceives a threat—real or imagined—it can obstruct your usual behavior and cause you to overreact in ways you may later regret.
- Learn to spot familiar physical signs that your emotions may potentially boil over—such as a churning stomach, tense muscles or clenched fists.
- When you recognize troubling emotions, distract yourself: take a 10-minute break, walk away from the situation and/or confide in a trusted peer.

## Tips for putting logic back in control

1. Be aware of your feelings and identify triggers that cause you problems with impulse control. Does a lack of sleep often contribute? Are certain work assignments or specific personality conflicts typically upsetting?
2. Take a step back from a challenging situation to observe it with a clear mind. Strive to understand exactly what has occurred and the likely root cause. Don't jump to conclusions.
3. Apply effective stress management techniques. Take a walk outside, do a brief session of mindfulness meditation or deep breathing, or engage in a vigorous physical workout later.

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## Mind Your Mental Health

### February 17 is National Random Acts of Kindness Day

Want to feel better while also making someone else feel better? Join in on Random Acts of Kindness Day where you can do something nice for a complete stranger, a family member or a co-worker. You also can express kindness anytime for those in your life who may be experiencing mental illness.

1. **Share your concern.** Say things such as, "I care about you and I've been worried. Can we talk about what you're experiencing?"
2. **Listen actively.** Show respect, compassion and understanding. Say things like, "I know you're having a tough time now, but I understand and want to help."
3. **Be patient.** The person with mental illness challenges may not be communicating very well now. Give them the opportunity to talk and open up, but don't press.
4. **Share hope and encouragement.** Remind them that the right treatment will help. Offer your support and connect them to help if you feel they need it.

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

### Keep your heart healthy

- February is also American Heart Month. Nearly 80 percent of adverse cardiac events can be prevented with education and lifestyle changes, so remember to take care of your heart.
- Work with your doctor to manage your blood pressure, cholesterol and weight. Schedule at least five 30-minute moderate exercise sessions per week. Eat heart-smart foods and practice stress management.

## Daily Diligence

### Stay on top of and control your emotions

- The more you learn emotional control—managing your reactions to familiar trigger impulses—the more disciplined, productive and successful you'll be in work and life.
- If you perceive a potential impulsive action coming on—such as an emotional outburst or a big impulse purchase—you can derail it by stepping away from the situation for ten minutes. Then reward yourself for handling it!

### Prevalence of risk factors in adults who develop cardiovascular disease



Source: American Heart Association