



January is Mental Wellness Month

Learn how your mind can affect your health.

Your mind and body are strong allies. Having an upbeat outlook on life might help you better handle pain or stress. It might also help you stay healthier than someone who is less hopeful. Practice these tips for mind-body wellness:

- **Breathe deeply.** It sends a message to your brain to calm down and relax.
- **Use guided imagery.** Picture yourself in a setting that helps you feel calm and relaxed.
- **Be mindful.** Focus your attention on things that are happening in the present moment. It can help reduce stress.
- **Relax muscles.** Tense and relax each muscle group to reduce anxiety and muscle tension.
- **Laugh.** Humor and laughter make life richer and healthier. They also increase creativity, reduce pain, and speed healing.

Visit www.healthwise.net/MagellanHealth and search for “mental wellness” for more info.