

OCTOBER
2026

Momentum

Join our live webinar, *Don't forget your social life!*, on Wednesday, October 14, 2026, at 1:00 p.m. CT. This webinar reminds you that fun, relaxation and personal fulfillment are just as important as your to-do list. Scan the QR code to register now.

Reconnect with what matters

Finding the right balance between your work and personal life can be challenging. It isn't about perfection, though. It's about building healthy habits that support your overall wellbeing. When we stay consistent with what matters most, we create space for energy, creativity and meaningful relationships. Although prioritizing fun, rest and personal fulfillment can feel like a luxury, it is actually essential.

- **Set clear boundaries:** Define your work hours and protect personal time to recharge.
- **Schedule what matters:** Block time for hobbies, social connection and activities that bring you joy.
- **Unplug regularly:** Step away from screens to be present with people and experiences.
- **Do one thing just for you:** Whether it's reading, walking or creating, make it non-negotiable.

Small, consistent habits help restore balance and keep you grounded in what truly matters.



LifeMart Discount Center*

Make everyday life a little more affordable with LifeMart®, an online, members-only discount center and mobile app. Whether you're planning a major purchase, like a car, home or vacation, or just want to save on day-to-day essentials, LifeMart® offers national and local discounts on brands you know and love. Visit your member website to learn more.

**If available through your program.*

Contact your Inova Employee Assistance Program at 1-800-346-0110 (TTY 711) or go online to www.inova.org/eap for confidential, no cost help available 24/7/365 for you and your household members.

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Mind Your Mental Health

National Depression and Mental Health Awareness Month

Loneliness isn't just being alone—it's feeling disconnected. Over time, it can contribute to depression, affecting mood, energy, sleep and focus. Depression can also make it harder to reach out, creating a cycle of isolation.

Building connection helps break that cycle, and it doesn't have to mean making big changes.

A quick text, a short phone call or a brief conversation can help reestablish a sense of connection. Even everyday interactions, like chatting with a coworker or neighbor, can improve your mood and sense of belonging.

If feelings of sadness, hopelessness or isolation last for more than a couple of weeks, or begin to interfere with work, relationships or daily life, reaching out to a professional can help. Counseling can provide tools to manage symptoms, challenge unhelpful thoughts and rebuild connections.

Make one small connection today. If you need more support for depression or loneliness, contact your program.

Working on social wellbeing

Strong social connections support our wellbeing, help us manage stress and make us feel supported. Simple connections like these can positively affect mood, resilience and overall health:

- **Reach out:** Call, text or spend time with others regularly.
- **Get involved:** Join a group, class or volunteer activity.
- **Be present:** Listen fully and limit distractions.
- **Offer assistance:** Build stronger bonds through helping others.

Financial wellbeing webinars

Retirement: Social Security Decisions

October 13. Register here: 11:00 a.m. CT | 2:00 p.m. CT

We contribute to the Social Security system through payroll deductions, but we don't always know our best options for receiving those distributions. We'll discuss how benefits are calculated and how you might determine when to start receiving payments in retirement. We will also talk about spousal eligibility and factors that may influence whether you are taxed on the benefits you receive.

MSA Insights

October 22. Register here: 11:00 a.m. CT | 2:00 p.m. CT

Master your money with MSA Insights! Join this event to stay ahead of market trends, learn from our expert Money Coaches and adopt strategies that help you boost your financial wellbeing and overall peace of mind. Ready to build the financial future you've always wanted?

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