



Momentum



Join our live webinar, *Getting You Help*, on Wednesday, March 11, 2026, at 2:00 p.m. EST. You'll learn how to evaluate your own mental health, along with effective strategies for self-care and ways to find help when needed. Scan the QR code to [register now](#).

Nurture your inner ecosystem

Did you know you're home to trillions of tiny helpers? Your microbiome—a community of beneficial bacteria—supports your immune system, metabolism and even your mood. Here's how to keep it thriving:

- **Add probiotics.** Enjoy fermented foods like yogurt, kefir, sauerkraut, kimchi and aged cheeses. These friendly bacteria help maintain a healthy gut balance.
- **Feed them with prebiotics.** Your good bacteria love the special fibers in garlic, onions, leeks, asparagus, bananas, oats, lentils, chickpeas and whole grains.
- **Support your gut with healthy habits.** Your microbiome loves consistency! Get quality sleep, exercise regularly, stay hydrated and limit processed foods and sugar.

Your microbiome works hard for you—show it some love!



Wellbeing Coaching*

Feeling stuck? Our wellbeing coaches are here to help you clarify your goals and break through barriers—whether it's your career, relationships, sleep, weight management or other personal challenges.

**If available through your program.*

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

Mind Your Mental Health

National Drug and Alcohol Facts Week

Understanding substance use trends helps us support those who need it most. Held each March, National Drug and Alcohol Facts Week encourages conversations about substance use and addiction, especially with young people. Here are some key facts about current trends:

- Of the 29.8 million people with alcohol use disorder, fewer than 8% receive treatment.
- Alcohol contributes to nearly 178,000 U.S. deaths annually.
- Drug overdoses have claimed 1.15 million American lives since 1999.
- Youth addiction risk increases with factors like unstable home environments, parental substance use, peer influences and academic struggles.
- About 27.2 million Americans aged 12+ experienced a drug use disorder in the past year.

If you or a loved one needs help with drugs or alcohol, contact your program for a confidential assessment and care guidance.

Visit the Mind Your Mental Health page on your [member website](#) or call your program for confidential mental health resources.

Working on emotional wellbeing

People with strong emotional wellbeing have typically developed skills to manage stress and reduce anxiety when facing uncertainty.

- Self-regulation is learning to control your thoughts, emotions, behaviors and impulses. Start by identifying and naming what you're feeling, then trace where these emotions come from—they may stem from distorted thinking or worst-case-scenario assumptions.
- When emotions feel overwhelming, pause and use calming techniques: take slow, deep breaths, count to ten or go for a brief walk. Give yourself time to settle before responding to a situation.

Financial wellbeing webinars

Unlocking the Power of Your Credit

March 10. Register here: [12:00 p.m. EST](#) | [3:00 p.m. EST](#)

Credit can be a powerful tool when used responsibly, but it can also lead to debt if not managed properly. This event will highlight the benefits of a high credit score and review debt reduction strategies to help improve your debt-income ratio. Realize the freedom of having your credit score work in your favor and maintaining manageable monthly debt payments.

MSA Insights

March 26. Register here: [12:00 p.m. EST](#) | [3:00 p.m. EST](#)

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?