

Magellan Healthcare

2026 Editorial calendar

The yearly editorial calendar consists of a monthly Momentum engagement campaign, mental health awareness materials, articles on the member website and a live webinar.

Momentum engagement campaign

- **Newsletter**—The newsletter focuses on the monthly theme with emotional health and wellbeing articles, featured services and a registration link for the live webinar.
- **Digital sign**—This versatile electronic image promotes actionable wellbeing tips and can be used on monitors, TV screens, intranets and other staff portals.
- **Poster**—The letter-sized poster promotes the monthly live webinar with a QR code to register for the event. It can be posted in high-traffic areas near printers, in break rooms and cafeterias.

Live webinar

The monthly live webinar features themed topics presented by subject matter experts. Members can view the recordings on the member website after the webinar takes place.

Member website

The homepage is updated with themed articles.

Mental health awareness observances

We recognize several mental health observances throughout the year. The materials aim to raise awareness of mental health by providing education, tools and resources.

All Momentum engagement campaign and mental health awareness materials are available in English and Spanish, and can be co-branded with your logo and program information.



2026 Editorial Calendar

Engagement campaigns

Monthly for members, Quarterly for managers

Webinars

Full descriptions & links appear on the next page

JANUARY	Start small habits for a healthier you	1/14	Creating an annual wellbeing plan
FEBRUARY	Become financially fluent	2/11	Take control of your finances
MARCH	Nurture your inner ecosystem	3/11	Getting you help
<i>Managers:</i>	<i>Lead with resilience</i>	<i>3/25</i>	<i>Workplace trauma</i>
APRIL	Navigate trauma with strength and grace	4/8	Being trauma informed
MAY	Beat burnout and reclaim your energy	5/13	Understanding burnout—causes and solutions
JUNE	Grow together through challenges	6/10	Resiliency for the working parent
<i>Managers:</i>	<i>Maintain calm in stressful times</i>	<i>6/24</i>	<i>Stress management for managers</i>
JULY	Silence your inner critic	7/8	Imposter syndrome
AUGUST	Find purpose through service	8/12	Community and giving back: Leaving our footprints
SEPTEMBER	Use technology to work smarter	9/9	Practical productivity
<i>Managers:</i>	<i>Remain agile through change</i>	<i>9/23</i>	<i>Change management for leaders</i>
OCTOBER	Reconnect with what matters	10/14	Don't forget your social life!
NOVEMBER	Support without stigma	11/4	Best practices for supporting others
DECEMBER	Build inner strength	12/9	Staying strong and resilient
<i>Managers:</i>	<i>Communicate with confidence and compassion</i>	<i>12/2</i>	<i>Manager's guide to check-in conversations</i>

2026 Webinars

Webinars begin at 1:00 pm CT and are 60 minutes long. They are recorded and posted to the member website within five to seven business days.

JANUARY

Wednesday, January 14

[Creating an annual wellbeing plan](#)

Ready to crush your wellbeing goals without burning out by February? In this webinar, we'll walk you through 12 game-changing habits that will boost your physical, mental and emotional health all year long. You'll get to pick the ones that fit your lifestyle, and we'll even throw in some resources to help you stay on track (because we know life happens).

FEBRUARY

Wednesday, February 11

[Take control of your finances](#)

For many individuals and families, managing finances can be a challenge. If you reach the end of the month and feel like money controls every aspect of your life, this webinar is for you. You will learn essential skills to take control of your finances, communicate effectively about money and develop a personalized plan to achieve your financial goals.

MARCH

Members—Wednesday, March 11

[Getting you help](#)

In challenging times, we often neglect to check in on our own wellbeing. In this essential webinar, you will learn how to evaluate your own mental health and recognize signs of anxiety, insomnia and unhealthy habits that may arise during periods of stress. We'll discuss practical strategies for maintaining self-care and provide resources for finding external help when needed. You will leave with a mental health checklist and coping mechanisms for future use, ensuring you are equipped to prioritize your wellness.

Managers—Wednesday, March 25

[Workplace trauma](#)

In today's world, trauma comes in many forms, and understanding its effects is crucial for creating a supportive and resilient workplace. In this webinar, you will explore the various types of trauma, including traumatic stress, PTSD, grief and organizational trauma. The webinar will focus on how trauma impacts individuals and the workplace as a whole, while providing leaders with best practices to lead with empathy, support affected team members and foster a healthy work environment.

APRIL

Wednesday, April 8

[Being trauma informed](#)

Trauma isn't just a chapter from the past; it's the lasting imprint that shapes our minds, bodies and behaviors. In this enlightening webinar, you will delve into the complexities of trauma, learning to recognize its signs and understand its effects. We'll explore how to create a supportive environment that empowers you to seek the resources you need and deserve. While the impact of trauma may not always be visible, it's crucial that we cultivate a workplace culture of empathy and safety, allowing everyone to feel comfortable sharing their experiences.

MAY

Wednesday, May 13

[Understanding burnout—causes and solutions](#)

This interactive and upbeat webinar dives into the serious topic of burnout with a fresh, relatable approach. You will explore what burnout really is (and what it isn't), recognize the warning signs and understand the personal and workplace consequences of chronic stress. Through engaging activities, polls, visuals and self-assessments, you will learn how to break the burnout cycle, build resilience and create a personal action plan. With practical strategies, fun visuals and a touch of humor, this webinar empowers individuals to take back control of their wellbeing.

JUNE

Members—Wednesday, June 10

[Resiliency for the working parent](#)

Resiliency in parenting is crucial not only for the wellbeing of parents but also for nurturing a healthy parent-child relationship. How parents respond to stressors can significantly impact their family dynamics, often more so than the stressor itself. In this insightful webinar, you will receive valuable resources to prevent burnout, develop resiliency skills and maintain a positive balance in both personal and professional lives.

Managers—Wednesday, June 24

[Stress management for managers](#)

Managing stress—both your own and that of your team—poses one of the biggest challenges for today's managers. In this webinar, you'll receive a comprehensive training guide designed to help you identify stressors, understand their impact on your team's morale and productivity and implement effective stress relief techniques as a leader. Additionally, this webinar will offer valuable resources to help retain top talent, ensuring your team feels valued and secure in discussing their stress with you.

JULY

Wednesday, July 8

[Imposter syndrome](#)

Ever wondered, "Am I good enough?" Imposter syndrome, a common experience of self-doubt and feeling like a fraud, holds many of us back from reaching our full potential. In this webinar, we'll explore practical techniques to overcome the mental and emotional barriers that keep you from owning your achievements.

AUGUST

Wednesday, August 12

[Community and giving back: Leaving our footprints](#)

In this webinar, you will explore the profound mental, emotional and physical benefits of giving back through service. We will address common fears and barriers to getting involved, and guide you in discovering your unique purpose within your community. By the end of this webinar, you will be equipped with practical resources, a renewed sense of motivation and a clear pathway to start making a meaningful impact in your community.

SEPTEMBER

Members—Wednesday, September 9

[Practical productivity](#)

In this webinar, we will delve into how current events are influencing productivity, while also acknowledging the benefits and challenges of constant connectivity. Together, we'll discuss the impact that evolving technology has had on our work lives and explore strategies for enhancing productivity through the use of email, smartphones and other devices. You will leave equipped with practical tools to leverage technology effectively, enabling you to work smarter, not harder.

SEPTEMBER

Managers—Wednesday, September 23

[Change management for leaders](#)

In today's fast-paced environment, effective change management is crucial for any organization. In this dynamic webinar, you will be equipped with essential tools to navigate the change process while understanding the significance of your role as change champions. We'll break down each element of change management and how it directly relates to your leadership responsibilities. You are encouraged to share your own experiences, fostering a collaborative environment where we can learn from one another.

OCTOBER

Wednesday, October 14

[Don't forget your social life!](#)

Juggling the demands of work and home can be overwhelming, often leaving little room for self-care, hobbies or social activities. This webinar is designed for those who feel like they're always on the clock, reminding you that fun, relaxation and personal fulfillment are just as important as your to-do list. You'll walk away with practical strategies to carve out time for the people and activities you love, while maintaining a healthier balance between your professional and personal life.

NOVEMBER

Wednesday, November 4

[Best practices for supporting others](#)

In this interactive webinar, you will explore effective techniques for offering support without stepping into the role of a counselor or therapist. You'll gain real-life strategies for actively listening and providing meaningful support to friends, family and colleagues. Through role-playing scenarios, you will also learn how to handle workplace dynamics in ways that resonate positively with others.

DECEMBER

Members—Wednesday, December 9

[Staying strong and resilient](#)

Resiliency is the ability to withstand and quickly recover from difficulties—an essential trait for navigating both personal and professional challenges. How we respond to hardships is closely linked to our level of resilience, and in this empowering webinar, we will share effective strategies to stay strong and maintain a positive outlook. You will leave feeling empowered and equipped to face future challenges with reduced stress, armed with the tools to bounce back faster and stronger from setbacks.

Managers—Wednesday, December 2

[Manager's guide to check-in conversations](#)

Regular check-ins between managers and staff can serve as a vital resource for team support. In this webinar, you will gain valuable insights into fostering meaningful conversations with staff. We will discuss the critical role you play in supporting your team, particularly concerning mental health concerns, and outline appropriate questions to assess your staff's wellbeing. You will leave this webinar equipped to identify when to refer staff to other organizational resources, encourage outside support and ensure effective follow-up.

2026 Mental health observances

Each year we develop materials to increase awareness, reduce stigma and provide members with actionable tips and resources for mental health observances.

	Observance(s)
JANUARY	Mental Wellbeing Month
FEBRUARY	Boost Self-Esteem Month
MARCH	National Drug and Alcohol Facts Week International Women's Day
APRIL	Autism Acceptance Month* National Stress Awareness Month
MAY	Mental Health Month*
JUNE	LGBTQIA+ Pride Month Juneteenth
JULY	Black, Indigenous and People of Color Mental Health Awareness Month*
AUGUST	National Back to School Month
SEPTEMBER	Suicide Prevention Awareness Month* World Suicide Prevention Day
OCTOBER	National Depression and Mental Health Screening Month* World Mental Health Day
NOVEMBER	National Family Caregivers Month Stress Awareness Day International Men's Day
DECEMBER	National Stress-Free Family Holidays Month*



**Campaigns typically include a flyer, poster, digital sign, virtual background and an activity. We also have a library of materials supporting other special observances.*