



# Momentum



Join our live webinar, *Being trauma informed*, on Wednesday, April 8, 2026, at 2 p.m. ET. This month's webinar discusses the complexities of trauma, including its signs and effects. Scan the QR code to [register now](#).

## Navigate trauma with strength and grace

Strength after trauma does not mean pushing through pain or pretending you are unaffected. True strength is acknowledging what happened and refusing to let it define your entire story. Here are tips to manage trauma with grace.

- **Show yourself compassion:** Your reactions to triggers are not weaknesses; it's your nervous system trying to protect you. When overwhelmed, pause rather than judge yourself.
- **Healing happens in layers:** Some days you will feel resilient. On other days, simple tasks may feel impossible. Both are part of the journey.
- **Seek connection:** Find people who can sit with you without needing to fix you or have you explain everything. Asking for help is an act of courage, not a sign of defeat.

You are not meant to carry this alone, and healing is possible, one gentle step at a time.



### Counseling\*

If you are struggling to resolve challenges on your own, take advantage of confidential, short-term counseling services offered through your program. Counseling services, provided by a third-party licensed clinician, are available at no cost. Meet with a counselor in person, by text, chat, phone or video conference. Click the [Care Options](#) tile on 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](http://www.inova.org/eap) for confidential, no cost help available 24/7/365 for you and your household members.

## Mind Your Mental Health

# April is National Stress Awareness Month

April is a time to pause, notice how stress shows up in our lives and take small, meaningful steps to protect our wellbeing. While some stress is unavoidable, how we respond to it can make a powerful difference.

Take action this month:

- **Check in with yourself daily:** Notice physical signs of stress like tension, fatigue or irritability and acknowledge them without judgment.
- **Build in micro-breaks:** Step away from screens, stretch or take a few slow breaths to reset your nervous system.
- **Set realistic boundaries:** Prioritize tasks, say no when needed and set aside time to recharge.
- **Move your body:** Even a short walk can lower stress hormones and improve focus.
- **Use available resources:** If stress feels overwhelming, confidential support and counseling can help you build effective coping strategies.

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

## Working on wellbeing

**Meet yourself where you are, not where you think you "should" be.**

Healing from trauma and managing stress does not happen in a straight line. Some days will feel easier than others, and that is entirely normal. Remember to:

- **Listen to what you truly need** instead of pushing yourself to meet others' expectations.
- **Practice self-compassion** on harder days, speaking to yourself with patience.
- **Measure progress** in small moments of steadiness, not perfection.

## Financial wellbeing webinars

### The financial wellbeing playbook

April 14. Register here: [12:00 p.m. EST](#) | [3:00 p.m. EST](#)

Learn from those who have gone before you! This event shares the habits commonly practiced by people who have little financial stress in their lives. The MSA coaching staff has conducted over a million financial consultations, and the most experienced coaches were interviewed to develop this presentation. The goal is for attendees to take pride in the processes they are practicing well and to develop an action plan to address the habits they would like to improve.

### MSA Insights

April 23. 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?