



National Get Organized Month

Do you realize how much energy and focus you lose if you're disorganized at work or home?

1. Assess your work and leisure spaces.
2. Sort your clutter into categories such as trash, keep, donate, sell, recycle and undecided.
3. Rearrange your physical spaces to refresh your thinking.

Call your Employee Assistance Program at 1-800-424-4831 (TTY 711) or visit [MagellanAscend.com](https://www.MagellanAscend.com) for helpful resources.