



April 2016: Intellectual Wellbeing

Get Involved!



Welcome to the April issue of *TotalWellbeing*! This month we are bringing you resources to support your Intellectual Wellbeing. This time around we ask that you take a look at how technology impacts your life, specifically your intellect. Like many things, technology is a tool that can be used or abused. In a world of mobile apps, reality TV shows, and video games, the key is making smart choices. Choose a puzzle game that will work your mind rather than a mindless shooting game. Choose a video to watch that aims to educate rather than the latest celebrity fail video. Today's technology and flow of information allow us to transfer knowledge and learn faster than any generation of human beings

before us. Make sure to take advantage of this fact and make your next Internet search one that will teach you something you've always wanted to know, and then [keep going](#). For a closer look at this month's topic and helpful resources please check out *The Path* and *The Connection* below.

We hope you saw our posts on [MINESblog](#) last month. In the spirit of March's turbulent weather our first post looked at [weathering conflict in the workplace](#) where we presented some of our workplace conflict stories and analyzed how management may have been able to achieve a resolution. Then towards the end of the week we turned our attention to [Role of ADA, FMLA, Mental Health Accommodations and Employee Performance](#), which provided a good overview of one of this year's hottest Human Resources concerns.

As always, for more information please check out the links to the left or hit the share button to send us a message. See you next month!

To your total wellbeing,
The MINES Team

THE PATH: INTELLECTUAL WELLBEING AND TECHNOLOGY

A popular criticism of technology is that it is helping make us lazy. Is this true or does it really all come down to how we choose to utilize technology? Sure, our reliance on tech devices such as "smart" phones may mean people remember fewer phone numbers by heart and spend too much time in front of a screen, but at the same time our access to the internet anytime, anywhere means we have more information at the tips of our fingers at any given time than ever before. Please use this to your advantage and learn wherever and whenever you can. Don't get lost in the sea of information flowing around, use it to find new and exciting things and expand your mind as you navigate a landscape of capabilities never before possible thanks to technology. Or just go play level 214 on Candy Crush, it's up to you.

Tips for you:

As MINES has consistently stated, you need to nurture your brain and engage in lifelong learning as much as possible to get the most from your intellect. To help, why not utilize a device most of use every day, our phones, and find games that challenge your intellect. While some mobile games help you tune out and shut off your mind, the right game can help you engage your brain and practice things like memory, hand eye coordination, and more. Check out what [tomsguide.com](#) thinks are some of the best brain games out for mobile devices.

[See list here!](#)

THE CONNECTION: GET INVOLVED

Wellbeing does not simply start and stop at the individual. Our community is connected to each of our own individual wellbeing in a huge way. When we are well we can better function within our community. We can help our fellow humans thrive, and in turn, when our community is prospering, it helps each of us reach our goals as individuals. So why not help our community so we can all thrive together? Each month we will strive to bring you resources that can help you enhance the wellbeing of those around you or get involved with important causes.

Community Wellbeing Resources:

Intellectual wellbeing on a community level has been the concern of the public library system for decades. People often associate libraries only with books, but as technology has evolved so have they. Libraries are now a major source of electronic media and internet access for thousands of people. This access is an important public resource for research, job searching, private study, and entertainment. Help support your libraries through donations or volunteering and support your communities' oldest intellectual resource.

[See how you can help!](#)

If you or a member of your household needs assistance or guidance on any of these wellbeing topics, please call MINES & Associates, your EAP, today for free, confidential, 24/7 assistance at 800.873.7138.

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