



April 2017: Physical Wellbeing and Grief/Loss

Get Involved!



Welcome to the April issue of [TotalWellbeing](#)! If you have been following TotalWellbeing you know that every month we focus on one of the [8 Dimensions of Wellbeing](#). This month we will discuss the effects that grief and loss have on your physical wellbeing. At the same time, we will look at how your physical wellbeing can be a crucial step in successfully working through the stages of grief. Everyone experiences loss and grief differently, but regardless of how you process your loss, keeping up with your physical wellbeing is important.

For a closer look at this month's topic and helpful resources please check out [The Path](#) and [The Connection](#) below or check out our [new infographic here!](#)

Next, make sure to catch up on your [MINESblog](#) reading because we covered a few important topics over the last month. Our founder, Dr. Robert Mines provided his perspective around [eating disorder awareness week](#) which was February 26 – March 4th. Next, our team member Raena Chatwin explored how you can [use imagination and exploration to find joy at work and in all that you do](#). And finally, to get primed for our talks about grief this month we put the spotlight on [grief and the difference between healthy and unhealthy grieving](#).

As always, for more information please check out the links to the left or hit the share button to send us a message. To be notified when we post more resources and articles make sure to subscribe to [MINESblog](#). See you next month!

To your total wellbeing,
The MINES Team

THE PATH: HOW TO KEEP UP YOUR PHYSICAL WELLBEING DURING A LOSS

When you are feeling down, it can be hard to take the time to exercise or eat properly. However, it is even more important during this time to eat healthily and work out the stress so you can *feel* better. During exercise, you are given an opportunity process what you are going through and work through the emotions that come along. By focusing on your physical wellbeing during a time of grief and loss, you can ensure that you are not staying in bed and are sticking to your routine, which will actively lead you to be around others who can help you cope with the pain and suffering that comes with grieving a loss. Even if you don't feel like doing much, try to exercise each day. Take care of your personal needs and eat healthy so that you have the strength to deal with your loss and your other daily responsibilities.

This month check out [this link](#) to see some easy exercises you can do.

Tips for you:

Focus on your physical wellbeing and use that as a tool and motivator while you are navigating the stages of grief. Choose to use your exercise time to reflect about your loss and what you can take away from this loss. [Check out this webinar for more about grief and loss.](#)

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:

You probably know a co-worker, friend, or family member that is dealing with some type of grief. Take a moment to connect with them to see how you can support them through this time. Maybe even suggest taking the time to walk or work out with them to help their physical wellbeing at the same time. Or you consider running or walking in a marathon to support a cause and be around others who have or are struggling with their own grief and loss.

[Click here to find an activity near you!](#)

Don't forget that PersonalAdvantage, an online benefit available through MINES, has tons of great resources for all the dimensions

of wellbeing that we discuss here, along with some articles and assistance for Grief and Loss. If you haven't checked it out yet, or want to see what resources they have for this month's topic check out the link below. You'll need your company login, so make sure to get that from your employer or email us and we'll be happy to provide that to you.

[Check Out Personal Advantage Here!](#)

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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