



August 2016: Spiritual Wellbeing

Get Involved!



Welcome to the August issue of [TotalWellbeing!](#) This month we talk about Spiritual Wellbeing. This topic can be hard to define as it often means different things to different people depending on values, goals, beliefs, and background. But there is one aspect of Spiritual wellbeing that is common to us all and that is the drive to accept ourselves, the world, and our place within it. If you are feeling out of sync with yourself or the world around you it is important to take the time to meditate on the issue(s) that may be affecting you. While it is never a good idea to dwell on negative feelings, it is important to understand why we may be feeling them so that we can make changes, refine our values and understandings, and ultimately bring ourselves back into alignment so that we can feel

better and move forward. For a closer look at this month's topic and helpful resources please check out [The Path](#) and [The Connection](#) below.

Much more information on a variety of topics is available on [MINESblog](#). Here you can expect blogs, articles, and tips provided by members of the MINES Team. Last month you may have heard about a little game called PokemonGo. In case you didn't notice it has been quite the social phenomenon, and we couldn't help but look at some of the wellness and social psychology implications of the game, so check out what Ryan Lucas, our Manager of Engagement & Development, had to say about [this latest craze](#). And of course we will have some more great articles coming up so make sure to subscribe.

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: SPIRITUAL WELLBEING AND PERSPECTIVE

To be at peace with your surroundings you must first be at peace with yourself. This is no secret. If you are stressed, distracted, or otherwise out of alignment with yourself it is hard to focus on your day-to-day life. You may find yourself unable to enjoy certain activities, find it hard to focus at work, or find your productivity slipping, all because there is something on your mind that is distracting you, or making you question your values or purpose. When that happens it is important to take the time to self-reflect and think about why you feel this way. To help bring yourself back into a place where you feel satisfied and fulfilled on a spiritual level, it is important to take time for yourself. Relax, seek to define or re-define your values, think about how those values guide your actions in your day to day life, and consider how you can refine the aspects of your life that you can control and let go of the things that you cannot such as the values and actions of others, or the state of the world as a whole. Come to terms with these things and it will be much easier to come to terms with yourself and find inner-peace.

Tips for you:

One of the key ingredients to Spiritual Wellbeing is self-acceptance and mindfulness. The ability to be self-aware without being overly critical of yourself can be tricky but not impossible. The key is to get above the negative thoughts in your head that are keeping you from being fully present in the moment. Don't try to stop negative thoughts, as that is almost impossible, instead simply try to accept them and let them pass without affecting you. Use these 8 techniques for self-acceptance to help practice.

[Try the Exercises 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:

While Spiritual Wellbeing focuses on looking within, we can't truly be at peace with ourselves unless we understand our place in the world around us. It is important to remind ourselves from time to time how we work within the grand scheme of things. A great way to do that is to get out and interact with other people and at the same time find purpose for ourselves by helping others. Volunteering and helping with community-based events is a great way to do this. [Volunteermatch.com](#) makes it easy to find opportunities in your area where you can reach out and make an impact in your own community.

[Find Opportunities Here!](#)

Don't forget that PersonalAdvantage, your online benefit through MINES, has tons of great resources for all the dimensions of wellbeing that we discuss here. 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.

[Check Out PersonalAdvantage 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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