



August 2018: How Challenging Relationships affect Your Spiritual Wellbeing



Dear <<first name>>,

Welcome to the August edition of **TotalWellbeing**, your guide to the [8 dimensions of wellbeing](#). This month we are going to take a look at how your spiritual wellbeing and challenging relationships interact with each other. If you missed us last month you can catch up on our [newsletters page](#). As we make it through the year we will continue to emphasize the concept of community and look at how our actions affect our community, country, and in some cases the rest of the world.

To your total wellbeing,
The MINES Team

How Difficult Relationships Can Disrupt Your Spiritual Wellbeing

First, we would like to define Spiritual Wellbeing as it can be misinterpreted. We are not here to discuss various religions or belief systems. Spiritual Wellbeing as defined by the Substance Abuse and Mental Health Services Administration (SAMHSA) is simply your sense of purpose, feeling of belonging, and ability to find meaning in the world around you. Everyone nourishes their spiritual wellbeing in their own way. Looking at this that definition it is probably easy to see how difficult relationships and hostile people might disrupt your sense of purpose, place, and meaning, especially as it applies to the workplace. If a particular relationship in your personal or professional life is difficult right now, ask yourself:

- Is this person always this way or just this way once in a while?
- Is this person having a hard time right now that might be affecting their behavior?
- Are you having a hard time right now that may be affecting your feelings and the way you see things?
- Do you often enjoy this relationship, or do you mostly feel hurt?

If the things another person says to you or does to you make you feel hurt and the person won't stop doing those kinds of things, he or she should not be in your life. It is always your choice whether or not to have a relationship with another person. Reach out to others for information and advice, but the final decision should always be yours.

If you would like to talk to a counselor about these topics, please call us at 1-800-

This Month's Focus

[Check out this month's webinar on Managing Toxic People](#)

MINESblog

Review:

[The Importance of Walking and Talking](#)

[Break Free from Shoulda Woulda Coulda](#)

[Check out this Month's Infographic](#)

Important Links

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873-7138 to get connected right away. Also, [PersonalAdvantage](#) has some great [tools](#) and [webinars](#) this month to improve your knowledge around dealing with stress and maximizing your life by reducing worry. For more be sure to check out our [“Difficult Personalities” infographic](#).

Question of the Month

What are the things in your life that help give you a sense of belonging?

Quote of the Month

**“This above all; to your own self
be true.”
– William Shakespeare**

Training Suggestions

Check out these training suggestions that may help your organization with Spiritual Wellbeing. Use them in a series or by themselves. MINES is always happy to consult on issues of wellbeing and suggest training that would support your goals. Check out our training manual [here](#) to see other training offerings:

1. [Healthy Relationships](#)
2. [Nature-Based Mindfulness](#)
3. [Meditation for Stress Relief](#)

MINES Updates/Community World View

Today’s world is full of “us or them” mentality. This can be seen in the current political climate, social media movements, and cultural issues and it can often be tough to find your place in all of the chaos. At these times it is often best to take a step back and try and get away from the noise and constant feed of information. Get offline, go somewhere peaceful so that you have a chance to catch your breath and connect with yourself and reflect on your own thoughts away from the barrage of outside opinions and demands. Then when you return to the daily rush, make sure to keep that connection with yourself.

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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