



December 2016: Environmental Wellbeing

Get Involved!



Welcome to the December 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 look inward in regards to Environmental Wellbeing and examine our interactions with the environment and how we can be more aware of our surroundings in our personal lives. The way we approach our exchanges with the environment is vital to our wellbeing. These exchanges can include how we recycle in our homes and work to how we help keep the lakes and nature paths clean so we can enjoy the scenery for generations to come. For a closer look at this month's topic and helpful resources please check out

[The Path](#) and [The Connection](#) below.

November was Alzheimer's and Dementia awareness month. This topic is very close to our heart as it is to many of you since these terrible diseases touch so many of our lives in one way or another. Our posts on [MINESblog](#) paid homage to this topic and provided resources from a couple viewpoints. Our first post on [Alzheimer's Awareness](#) provided information, stats, and resources aimed at providing a basic understanding of the issues at hand. Our follow-up post, on the other hand, borrowed from the spirit of thanksgiving and [gave thanks to the caregivers](#) that are out there every day making sacrifices and highlighted some of the many reasons these selfless people are so critical in the lives of the ones they care for.

As always, for more information please check out the links to the left or hit the share button to send us a message, and 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: ENVIRONMENTAL WELLBEING AND INTROSPECTION

When we look more deeply at what environmental wellbeing includes it is important to look inward too. When was the last time you felt the grass beneath your bare feet, or sat and watched the snow fall? As we move into winter it is important to review and think about how we are affected by the environment around us and how daily life affects the environment. Introspection is about the examination of one's conscious thoughts and feelings. So in respect to the environment it is important to take time out and reflect, and possibly revise, how you think of the environment and what actions you can take to help the environment, besides taking the time to enjoy the scenery around you. When you are out walking the dogs think about picking up the trash you see. When you are cleaning the snow off your walkways take a moment to breathe in the fresh cold air and think about what you can do to help keep our water supply clean. And when you are having those end-of-the-year celebrations taking in the colors, decorations, and lights think about how the use of electricity affects the environment and what you can do to help lower the environmental impact. The interactions between you and the environment are directly linked and it is important to enjoy the environment around you, along with taking the time to see what you can do to help.

Tips for you:

The environment affects your life every day. There are some great resources to help you find ways to start thinking about the environment in a new light and how to talk to your family and friends about this subject. Take a look at www.epa.gov/recycle to help you learn more about environmental wellbeing.

[Check Out the Article 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:

This month is a great time to start helping out the environment and get involved in a local clean up event.

[Check it out 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 or email us and we'll be happy to provide that to you.

[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.

MINES does not warrant the materials (Audio, Video, Text, Applications, or any other form of media or links) included in this communication have any connection to MINES & Associates, nor does MINES seek to endorse any entity by including these materials in this communication. MINES accepts no liability for the consequences of any actions taken on the basis of the information provided herein, nor any additional content that may be made available through any third-party site. We found them helpful, and hope you do too!