



# December 2017: Emotional Wellbeing and Elder Care

## **Get Involved!**

### **Important Links**

[Visit our BLOG](#)

[MINES and Associates](#)

[BizPsych](#)

[2017 Training Catalog](#)

[Balanced Living Magazine](#)

[LinkedIn](#)

[MINES Archives](#)

### **Contact Us**

[Email MINES](#)

**Share!**



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](#). As we come to the end of the year, stress can increase and your attention to your physical wellbeing may decrease. As the holidays bring forth stress around money for gift giving and around family gatherings, and the many holiday parties you may attend certainly don't

help your nutrition commitments. Please take this time focus on what matters, use your emotional resilience skills to de-stress, and focus on eating healthy.

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 [newest infographic on Stress](#) for some helpful information around stress in the US and how to managed a stressful situation in a healthy way.

In case you missed it, November was a great month on [MINESblog!](#) We started off with a great post from our affiliate and Alzheimer's/Dementia expert JJ Jordan for [Alzheimer's Awareness month](#). Next, we celebrated World Kindness Day with a post talking about [how to use kindness to improve your life](#) and the lives of those around you. And finally, we posted about the interplay between [stress and physical wellbeing](#) as a tee up to this month's focus. Be sure to check all of these out for great information and practical resources.

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: HEALTH, HOLIDAYS, AND STRESS**

Physical Wellbeing can encompass a lot of things from exercising regularly, eating healthy, taking time to make sure your stress is worked out through physical activity, and getting enough sleep. Stress can exasperate many medical and mental health conditions. This month is a perfect time to work on your stress by focusing on your physical wellbeing which will help resolve the side effects of stress. The blog on [stress and physical wellbeing](#) has some great tips and thoughts on this subject. As the holidays approach it is easy to put aside eating healthy and exercising. However, this is the best time to focus on doing this as it can actually improve your holiday experience and your

---

overall wellbeing.

[Check out these tips to incorporate healthy habits during the holidays!](#)

**Tips for you:**

Emotions are a healthy part of the human experience. Acknowledging emotions and understanding your personal stress style is the first step in beginning to control them. In this session, we will discuss a selection of customary stressors as well as techniques for exercising control over them. [Check out the webinar 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 look at how you can expand your knowledge and skills within your community in regards to physical activities. Check out your local community's website for senior centers where you could volunteer to help take people on a hike or to do yoga. Or look for other ways you can improve your, and others, physical wellbeing.

[Click here to find a place to use your skills near you!](#)

If your organization has access to **PersonalAdvantage** make sure to check out this customizable online benefit available through MINES. It has tons of the same great resources for all the dimensions of wellbeing that we discuss here, along with some articles and a whole section on having a [stress free holiday season!](#) 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!*