



December 2018: Social Wellbeing, Family, and Mindfulness



Dear <<first name>>,

Welcome to the December edition of **TotalWellbeing**, your guide to the [8 dimensions of wellbeing](#). The focus this month will be on the importance of your social wellbeing, family, mindfulness, and keeping balanced during this holiday season. We hope that you find the resources this month helpful in managing your social obligations, balancing your personal time, and maximizing your wellbeing through the end of the year.

If you missed us last month you can catch up on our [newsletters page](#). As a reminder, this newsletter is aimed at providing helpful information about various aspects of your wellbeing and then connecting it all back to important and relevant parts of our everyday life. As we near the end of 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

Social Wellbeing and Your Family

This is the time of year where family and friends can both be an excellent source of support as well as an abundant source of stress. It is also a time where you are seeing friends, co-workers, and family members more than you probably do during the rest of the year, so it is important to find a way to balance your time and your energy while meeting the various holiday-related obligations such as shopping, holiday parties, family dinners, and get-togethers. All of this can leave little time for yourself and make you feel drained when you want to be engaged and having fun. The key is setting expectations, being okay with saying “no” and making sure others are helping and not just relying on you for everything. To make sure you find balance and enjoy the holidays check out our [guide to a stress-free holiday](#).

If you would like to talk to a counselor or wellness coach about these topics, please call us at 1-800-873-7138 to get connected right away. Also, [PersonalAdvantage](#) has some great [meditation and relaxation tips](#), [mindfulness resources](#), and FREE [webinars](#) this month to focus on your wellbeing while also being productive at work.

Question of the Month

What are 3 ways that your friends or family could help you with your

This Month's Focus

[Check out this month's webinar: Mindfulness in the Workplace](#)

MINESblog:
[Throwback Blog: Finding Joy Amidst the Holiday Stress](#)

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

Important Links

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biggest holiday stress sources?		
<i>Quote of the Month</i>	<i>Training Suggestions</i>	
<p>“Joy is what happens to us when we allow ourselves to recognize how good things really are.” – Marianne Williamson</p>	<p>Check out these training suggestions that may help your organization with Social 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:</p> <ol style="list-style-type: none"> 1. Balancing Work and Family/Personal Life 2. Diversity in the Workplace 3. Change One Habit—Simple Changes to Overhaul Your life 	
<i>Community and Global Perspective</i>		
<p>The relationship between your social wellbeing and the larger communities you live in such as your neighborhoods, your cities, your state, and your country should be pretty clear, but that is not to say that these relationships are not complex. One thing is for sure though and that is that communities large and small tend to thrive when people are willing to come together, reach out, and help each other. Helping others not only brings a community together in good times and bad, but it also boosts everyone’s social wellbeing and sense of place as individuals as well. The holiday season is a great time to do just this by reaching out and helping those that may need it. If you have time, think about helping your community by volunteering at a soup kitchen, donating some clothes you no longer want, or even donate to a charity you believe in if you can afford it. Not only will this help others in need, but it will help you reinforce your role in your community and strengthen your social ties at the same time.</p>		
<p><i>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.</i></p>		
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