



December 2019: Staying Motivated & Spiritual Wellbeing



Welcome to the December 2019 edition of *TotalWellbeing*, your guide to the **8 dimensions of wellbeing**. This month we will look at staying motivated, resolutions, and nurturing your spiritual wellbeing. The holiday season signals the end of the year and with it brings a fresh start, but also the pressure of starting a new year with new goals, aspirations, resolutions, and responsibilities. So how do you stay motivated through it all? It's important to seek change and keep things fresh. Just because things may not change around you doesn't mean you can't change your own activities, seek out new hobbies, learn new things, and meet new people. Focus on searching out new things that may be interesting to you or help you do old stuff in new ways or from a different perspective. For more information on staying motivated, holiday entertaining on a budget, and reducing kid's holiday stress, check out [these helpful articles](#), [free webinars](#), and the information below.

Also, one more friendly reminder that **you can now access your counseling services with MINES through an online text and messaging platform! It's counseling whenever, wherever! Call us anytime for more info or to get set up!**

Remember you can always catch past issues of *TotalWellbeing* on our [newsletters page](#). 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 everyday life. If you have any thoughts, questions, or content you would like to see covered here please get in contact with us. You can email us directly by clicking [here](#).

To your total wellbeing,
The MINES Team

Seven Ways to Beat the Burnout Blues

You may be experiencing burnout if you feel bored, fatigued, apathetic, impatient, and constantly irritated with your co-workers. Don't panic, there's hope. Some of the secrets to long-term job happiness are revealed in the 7 tips below:

- 1. Change positions within your company** — See how your skills can be applied in new ways within your company and seek out new opportunities to contribute.
- 2. Find like-minded people** — Finding people with a similar sense of humor, interests, and experience as you can help you see things in new ways and find fresh ideas that work with your lifestyle.
- 3. Seek out short-term projects** — Short-term projects can be a great way to explore new things and work with new people. Kind of like a test-drive

This Month's Focus

Free Webinar:
[Putting Out the Fire: Preventing and Managing Burnout](#)

MINESblog:
[New to TW? Check out our past Blogs!](#)

[Last month: National Alzheimer's Awareness Update 2019](#)

Important Links

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for new hobbies you may like to take a deeper dive into.

4. **Get more education** — Nothing like fresh skills and new knowledge to open new doors.
5. **Keep on learning** — Never. Stop. Learning. The more you learn, the more exposure you have to opportunities in the world you may have never even knew existed.
6. **Have pride in your job** — Doing your job the best you can and having pride in your contribution can help you enjoy your job, endure rough patches, and beat burnout even in the worst of times.
7. **Don't wait** — If you start to experience burnout, don't wait until it affects your work and you start looking for a new job. Instead, try making positive changes in your present job. Talk to your supervisor and discuss changes that could reenergize you!

Check out [this article](#) for a full breakdown of these 7 tips.

Remember that if you or a household member are experiencing burnout and want to talk to someone about it, we are here to listen. Please call us at 1-800-873-7138 to get connected right away. Also, [PersonalAdvantage](#) has a ton of great resources and FREE [webinars](#) this month to help you focus on your wellbeing while also being productive at work and home.

Question of the Month

What motivates you? How can you utilize your motivational forces to help you keep focused on your goals in 2020?

Quote of the Month

“We may encounter many defeats, but we must not be defeated.” – Maya Angelou

Training Suggestions

Check out these training suggestions that may help your organization to increase motivation and support 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. [Values: Our Personal Compass to a Fulfilling Life](#)
2. [Mind Matters: The Power of Thought](#)
3. [It's About Time](#)

Supporting Your Spiritual Wellbeing

Because spiritual connection and spirituality is so personal and can mean something different to everyone, it can be hard to tell others how to support their spiritual wellbeing. Remember that spiritual wellbeing is not necessarily religious and can simply be your personal connection to the world and those around you, your sense of place in the world. From this point of view, try and

contemplate the ways that you connect with the world around you and take time to yourself to be mindful of little things in your day to day lives that ground you and bring you joy. Below are some tips on how to be mindful of the bigger picture in everyday situations:

- If you do not currently have a spiritual outlet, consider revisiting your childhood faith or another group that interests you. This could be a nature walk group, a martial arts class, an artist group. Anything that connects to you!
- If you plan to see a doctor regarding a physical problem, be sure to mention any major life events that you may be experiencing, such as menopause, divorce, or the death of a loved one. This may be affecting your health and may influence the course of treatment your doctor recommends.
- Build quiet, contemplative time into your daily or weekly schedule. Slowing down can help soothe even the most restless spirits. Use this time to meditate or create something. Draw, write, or paint. Anything that allows you to express your inner thoughts in a way that is meaningful to you.

For more resources on supporting your spiritual wellbeing, log in to [PersonalAdvantage](#) today.

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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