



February 2015: Be Aware of Your Emotional Wellbeing



Wellness through Awareness!

Welcome to the February issue of *TotalWellbeing!* This month we're talking Emotional Wellbeing. It is critical to stay on top of this dimension of wellbeing as your emotions can have a huge impact on your perception and performance in other areas of your life. It's not all about being happy either. It is about understanding your feelings and being able to handle and balance your emotions, both good and bad, in a healthy and productive way. This comes from learning to focus on the positives in your life, learning to manage your stress, and building good habits and productive hobbies, into your lifestyle to support your emotional goals. To explore this dimension more closely please read ***The Path***, below.

Important news this month, MINES has released our new training catalog for 2015! This year we are adding 16 great new programs and trainings, offering all new nutrition and Alzheimer's focused programs, and have even hand-picked complementary programs for our new suggested training series. You can view and download our [new catalog here!](#)

If you have been following our blog you would know that last month MINES celebrated our 34th anniversary as a company, so thank you to all the great people and organizations that have made it possible for us to help people for so many years. Also on the [MINES blog](#) we saw a great story about MINES' new telemedicine service, Call-A-Doc Plus, which helped highlight just how important it is to have [easy access to care](#) because medical issues rarely wait for a convenient time to strike.

And just a friendly reminder, please send any inspiring stories, wellbeing techniques that you use, or any other great ways you've found to stay mindful and balanced to communications@minesandassociates.com or just click one of our [Share](#) buttons. The best wellbeing stories will be featured in the quarterly *BalancedLiving Magazine* and authors could also receive a \$5 gift card! As usual make sure to follow us on our [blog](#) and [LinkedIn showcase pages](#) to make sure you don't miss anything.

To your total wellbeing,
The MINES Team

THE PATH

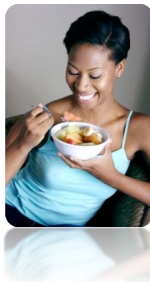
Emotional wellbeing is on the other side of the coin than physical wellbeing, and can be a little harder to stay aware of than its physical counterpart as there are a lot of subconscious and chemical factors that play a role in how we feel emotionally from day to day. These factors are a major part of why it is critical to nurture your emotional wellbeing and build healthy habits that support the things in your life that you can control. Staying mindful, reducing stress, and not sweating the small stuff are things you can focus on so that you can spend your energy where it matters most in your life.

Emotional Wellbeing resources: Check out what the Mayo Clinic has to say about emotional wellbeing, core components of happiness, and what you can do to cultivate your own contentment!

[Read Article Here](#)

Need one more little push? Check out these tips from [wikihow.com](#) on great, easy ways you can set yourself up for happiness!

[Read Tips](#)



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NEW! CHAKRA TO YOUR SENSES NEW!

Many cultures believe in Chakras (shock-ras) which are, simply put, energy centers in your body that govern various aspects of your physiology. We will stay away from the spiritual aspects of these and instead focus on the concept behind them to bring you more ways to nurture you body as well as mind. [Click here](#) to see a complete list of the 7 chakras and their properties.

Important Links

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[2015 Training Catalog](#)

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Chakras to nurture this month: Heart Chakra

In order to support your emotional well being it will be important to be aware of and nurture your Heart Chakras. Your Heart Chakra, located in the center of your chest, acts as a center for compassion, growth, emotional expression, and love. You can nurture your Heart Chakra by going out and getting fresh air, meditating, yoga, and breathing exercises, and by spending time with friends and family. Now get out there, have fun, and be well!

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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