



January 2015: Be Aware of Your Physical Wellbeing



Wellness through Awareness!

Happy New Year and welcome to the January issue of [TotalWellbeing](#)! To start the year off right we wanted to introduce you to the new layout of TotalWellbeing. This year we will focus on one of the dimensions of wellbeing per month and focus on being aware of wellness in your everyday life in order to keep your mind on track and your body in balance. This month we focus on the ever important realm of Physical Wellbeing. Keeping your body healthy is one of the most basic elements of healthy living and is at the very core of keeping yourself at an optimal level of wellbeing. To explore this dimension more closely please read [The Path](#), below.

Last month on the [MINES blog](#) we saw some excellent content from our experts here at MINES. With the New Year upon us, we posted some great ideas to help you be [successful with your resolution](#) in 2015 and beyond. We also highlighted a very generous program that a client of ours utilized to bring a little [extra holiday joy to their employees](#) who needed it.

In the spirit of awareness, this year we want to hear from you, yes that's right, you! Please send any inspiring stories, wellbeing techniques that you use, or any other fantastic ways you've found to stay mindful and balanced to communications@minesandassociates.com or just click one of our [Share](#) buttons. Not only will the best wellbeing stories each month be featured in the quarterly BalancedLiving Magazine but authors may also receive a \$5 gift card! Don't miss out and share today!

And as usual make sure to follow us on our [blog](#) and [LinkedIn showcase pages](#) to make sure to get all the resources we have for you in 2015.

To your total wellbeing,
The MINES Team

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THE PATH



Physical wellbeing, a concept that pretty much every one of us has thought about from time to time. Whether you run, do yoga, hike, or bike to work, we have many options in front of us to help keep our bodies healthy. If you already exercise, that's great, and as the year progresses we will bring you resources to help challenge yourself further. If you haven't started yet, don't worry, we will help you get off to a great start down the road to wellbeing this year. Because if you take care of your physical self, the mental part of your wellbeing will benefit and help you become happier and more well-balanced as a result.

Physical Wellbeing resources:

Better your understanding of the benefits of physical activity with this CDC article on physical health!

[Read Article Here](#)

Engage your body with these perfect workout routines for people on the go by Livestrong.com!

[Full Recipe Here](#)



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.

Chakras to nurture this month: Root and Solar Plexus

In order to support your physical well being it will be important to be aware of and nurture your Root and Solar Plexus Chakras. Your Root Chakra, located in the base of your spine, acts as your storage for physical vitality and can be nurtured through keeping yourself physically active and choosing activities that stimulate creativity. Your Solar Plexus Chakra is located in your upper abdomen and is connected to self-confidence and self-esteem; choose fun social activities that keep you moving, like dancing, to nurture this part of yourself. Now get out there and 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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