



January 2016: Social Wellbeing

Get Involved!



Welcome to the January issue of [TotalWellbeing](#)! There is a lot going on this month including Martin Luther King Jr. Day, the Sundance Film Festival, and of course we can't forget that MINES is celebrating our 35th Anniversary. In the spirit of these celebrations of human rights and the arts, we thought it appropriate to highlight social wellbeing. Social wellbeing involves developing a sense of connection, belonging, and a support system you can fall back on. We feel the ongoing mission of equal rights that will be commemorated this month is a great example of this dimension, and we encourage you all to take part in it wherever you can. For a closer look at this month's topic and helpful resources please check out [The Path](#) and [The Connection](#) below.

As a friendly reminder [MINESblog](#) is the place where we explore important topics each month in an effort to open discussions and provide a useful resource for you and 2015 was no exception. Early in the year we tackled [consumer directed healthcare](#), examined [incivility and bullying in the workplace](#), evaluated [environmental and social stressors](#), and even broke down [managerial hierarchy and accountability of leadership](#). Towards the end of the year we approached [family and social influence on healthy habits](#) and even some more sensitive and somber topics including [self-care for caregivers](#) and [Alzheimer's](#). This is just a sample of the issues we discussed over the past year so check out our blog to catch up on what you missed. 2016 will see us explore more important topics that we hope will offer further insight into the world of wellbeing.

As always, for more information please check out the links to the left or hit the share button to send us a message. See you next month!

To your total wellbeing,
The MINES Team

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THE PATH: SOCIAL WELLBEING AND YOU

When discussing social wellbeing the saying "It takes a village..." comes to mind. Social wellbeing comes from a healthy mixture of views, skills, knowledge, experience, and creeds. By exploring these different walks of life by connecting with the people around you, we can build a balanced understanding of society and our place within it. This is how we develop as people and further our sense of connectedness with the world. Our social networks, both online and off, are ever-present and ever-expanding, meaning we can use these connections as a constant source of support and energy in our lives if we take the time to nurture and care for them.

Tips for you:

Check out what the University of California has to say about social wellbeing. Make sure to check out the bottom of the article to see their ideas on how you can help improve your own social wellness.

[Read the full article 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:

What better way to show your social support and bolster community wellbeing than taking part in one of our nation's most iconic and socially important events, the Martin Luther King Jr. parade and march. The link below is for the Denver events but most capitol cities across the nation will be celebrating the great civil rights leader with similar events across the nation. Show your support and get involved today!

[Check out the event 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.

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