



# January 2019: Getting Ahead This Year and Emotional Wellbeing



Happy New Year and welcome to the very first 2019 edition of *TotalWellbeing*, your guide to the [8 dimensions of wellbeing](#). To help start the year on the right foot, this edition will be focused on getting ahead and developing a “can-do” attitude. We hope that you find the resources this month, like our [free webinar](#) and [info-packed articles](#), helpful for getting a head start on making 2019 a great year both personally and professionally.

If you missed us last month, last year, or if you are completely new to *TotalWellbeing*, you can catch up on our [newsletters page](#). Remember, 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. Just like last year, we will focus on looking at each facet of wellbeing from a small, personal level and then examine how it connects to the bigger community level as we explore how our wellbeing is tied to the world around us in often surprising ways that you may not have thought about before. And as always, if you have questions or have ideas for topics you’d like to see don’t hesitate to email us using the link in the right column.

To your total wellbeing,  
The MINES Team

## ***Your Emotional Wellbeing***

Since we are headed into a new year it may be a good time for a refresher on what Emotional Wellbeing actually is. According to [SAMSHA](#) (Substance Abuse and Mental Health Service Administration), Emotional Wellbeing is your ability to effectively cope with life stressors and create and maintain satisfying relationships. From this definition, it is easy to see how your emotional state and wellbeing could be connected to your ability to be productive, execute plans to reach goals, and nurture relationships. This is because before you can take care of others’ needs, you must first take care of your own. This year, as you plan on how to make 2019 a great year, first think about the emotional needs and barriers you may have that need to be addressed before you can begin exerting your energy outward. Then, once you are in a good place emotionally, think about how you can use that stability and positivity to channel your energy into productive and social ventures to build your external wellbeing. All of this will help create a foundation ripe for growth that will serve you for the rest of the year and beyond.

Enhancing your emotional wellbeing can be hard. But the good news is you don’t have to do it alone. Call MINES any time of day to get set up with a counselor or wellness coach to talk about reaching your goals, countering stressors, and

## ***This Month’s Focus***

### ***This month’s webinar:***

[Do Your Bucket List: 7 Ways to Focus on the Things that Matter](#)

### ***MINESblog:***

[Coming Soon: National Law Enforcement Day post \(Jan. 9th\)](#)

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

### ***Important Links***

[Visit our BLOG](#)

[MINES and Associates](#)

[2018 Training Catalog](#)

[Balanced Living Magazine](#)

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### ***Contact Us***

[Email MINES](#)

busting down barriers. Please call us at 1-800-873-7138 to get connected right away.

### **Question of the Month**

**What are 3 goals that, if achieved, would help make 2019 a great year?**

### **Quote of the Month**

**“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of wellbeing.” – Greg Anderson**

### **Training Suggestions**

Check out these training suggestions that may help your organization with Emotional 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. [Coping with Life Transitions and Change](#)
2. [EQ vs. IQ: The Emotional Intelligence Advantage](#)
3. [Financial Fitness](#)

### **Community and Global Perspective**

Making the most of a day, a week, a month, or a whole year is largely a combination of goals, good habits, and your state of mind. However, not everything is in our control. There are plenty of things out there in the world that we encounter daily that can impede our personal efforts. Negative or positive news on TV, things going on in your social circles, work-based items that eat up a significant amount of time or cause stress, and any other number of things that life throws our way, can often distract and discourage us from our goals. This is why it is important to monitor your feelings and to think critically about how you react to things out of your control. By paying attention to this aspect of your mind you can identify sources of stress and counter them as they come rather than let things build up and compound the negative effect they have over you. Being aware of your feelings in this way is also great mindfulness practice that will become easier over time, and as you become more in touch with yourself you will reinforce your emotional resilience making you a stronger person overall.

***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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