



July 2015: Be Aware of Your Social Wellbeing



Wellness through Awareness!

Welcome to the July issue of *TotalWellbeing*! This month we discuss Social wellbeing. We know we know, with Facebook, Twitter, LinkedIn, Google+, Tumbler, Reddit, and so many more social platforms, how much help do we need keeping our social selves at optimal performance? The answer is “maybe more than you think.” Remember that nurturing real, healthy relationships with friends, family, business contacts, and all the other social buckets in your life takes work. And considering how much of our wellbeing is tied to these relationships, it is crucial to nurture the good and not let the toxic connections bring you down. To explore this dimension more closely please read ***The Path***, below.

In case you haven't seen our blog or LinkedIn profile, here's what you may have missed. Our very own Human Resources and Organizational Psychology Leader Dani Kimlinger Ph.D. published an article that explores how to turn generational differences into opportunities within an organization. The generation gap is a hot topic lately, and Dani's article brings up some crucial considerations so check it out [here](#) if you missed it. Last month MINES also attended Mental Health America Colorado's 2nd annual “Improving Lives, Transforming Minds” event which honors important organizations as well as individuals that advocate for mental health awareness and support the research, development, and innovation that drives the behavioral healthcare industry. Check out the highlights [here](#)!

Continue to watch the [MINES blog](#) to see latest discussions about wellbeing topics and tips on staying healthy and stress-free. For even more great resources be sure to explore the links to the left with important resources such as our [LinkedIn showcase pages](#) and [Balanced Living Magazine](#).

To your total wellbeing,
The MINES Team

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THE PATH

Social wellbeing is something that we naturally strive for. Harmonious relationships, good friends, and love are things that are integral to our happiness. Yet, sometimes obtaining these values is easier said than done. Communication is the key. Whether it's mending a stressed relationship or making new friends, it all begins with a conversation. In order to be well on a social level, one needs to be social. It does not matter if you are an introvert or an extrovert; we all have a level of social interaction we are comfortable with. What is important is that you keep an open mind and let the tide of social interaction in your life ebb and flow naturally as people come and go within your social networks. Nurture the good relationships in your life to help them grow, and weed out the toxic ones to help yourself grow.



Social Wellbeing resources:

Social wellbeing is a diverse topic. Countless studies have been conducted to measure the impact our social interactions have on our happiness. Check out what these researchers have to say about the issue!

[Read Full Article Here](#)

Sometimes social situations can be a bit awkward. Sometimes it's tough to relate to certain people. But not everyone is going to be friends with everyone and it's important to remember to stay true to your values and be yourself. Check out [wikihow.com's](#) tips on how to do just that!

[Read Tips Here](#)

CHAKRA TO YOUR SENSES

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: Sacral and Throat Chakras

In order to support your social wellbeing it will be important to be aware of, and nurture, your Sacral and Throat Chakras. The Sacral Chakra, located just below your naval, is your energy center for creating and nurturing relationships of all kinds. Your Throat Chakra, as discussed last month, is your center for communication and thus a very integral part of the social process. As with many things in life, practice makes perfect. So in order to support your social wellbeing centers make sure to pay attention to your relationships in life. Make sure to nurture old social connections as well as be open to new ones in your life. 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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& ASSOCIATES**

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