



July 2019: Interpersonal Relationships and Social Wellbeing



Welcome to the July 2019 edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we will be exploring our interpersonal relationships and ways to enhance our social wellbeing. Our daily interaction with other people is a critical aspect of all our lives. It is important to remember that we can learn from both positive and negative interactions and that by learning from these encounters we become better at understanding others as well as being understood ourselves. For more information on interpersonal communications and social wellbeing check out [these helpful articles](#), [free webinars](#), and the information below.

Remember you can always catch past issues of **TotalWellbeing** on our [newsletters page](#). 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. If you have any thoughts, questions, or content you would like to see covered here please get in contact with us. You can email us directly by clicking [here](#).

To your total wellbeing,
The MINES Team

Accepting criticism

Accepting constructive criticism from others can be tough. It's hard to learn from it and even harder not to take it personally. While [this article](#) goes more in-depth, we look at some of the key factors that go into learning from our mistakes, and improving ourselves through external feedback.

- **Anticipate** – Accept the fact that everyone makes mistakes and that you'll probably be criticized for yours. That way, criticism won't come as a surprise.
- **Ask** – Asking questions accomplishes two things: It gives you specific information on how you can improve, and it teaches people they'll have to be specific when they criticize you.
- **Agree** – When you agree with one part of the criticism, you become open to learning. An easy way to agree is to say something like this: "You might be right; my report doesn't have all the details."
- **Analyze** – You need time to process the information, determine if it's a valid criticism and decide what you'll do to solve the problem or correct the mistake.

If you or a household member has anything they would like to talk to a counselor about, please call us at 1-800-873-7138 to get connected right away. Also, [PersonalAdvantage](#) has a ton of great resources and **FREE webinars** this month to

This Month's Focus

[Check out this month's webinar: Interpersonal Relationships](#)

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help you focus on your wellbeing while also being productive at work and home.

Question of the Month

Can you think of a negative interaction you have had with someone recently? What did you learn from it? Would you do anything differently if you could go back and have the interaction again?

Quote of the Month

"The most basic of all human needs is the need to understand and be understood." - Ralph Nichols

Training Suggestions

Check out these training suggestions that may help your organization to support interpersonal relationships and social 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. [Assertiveness](#)
2. [Healthy Relationships](#)
3. [Communication Skills in the Workplace](#)

Community and Global Perspective

This one goes without saying as interpersonal relationships and social wellbeing is at the heart of community building. As members of a community, we should strive to build personal and professional connections with others that will help enrich our communities and our lives. Especially in turbulent times, it is critical to come together and find common ground. What's true is that the people around us are not going anywhere so the more we can unite the better. Strive to connect with those of like-mind as well as those that have differences. It is only through dialogue, understanding, and compromise can we build lasting relationships and communities that will last our lifetimes and beyond.

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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