



June 2015: Be Aware of Your Occupational Wellbeing



Wellness through Awareness!

Welcome to the June issue of *TotalWellbeing*! This month we discuss Occupational wellbeing. As most people spend anywhere from 8 to 12 hours a day, 5 days a week at work, it is easy to say that this is a critical topic. It is important to strive for satisfaction and enjoy the little things while at work. Take control of the things you can and don't let those that are out of your control get the better of you. To explore this dimension more closely please read *The Path*, below.

If you follow our blog, we hope you enjoyed our case management team's post on Stress Sources, which examined [environmental and social stressors](#). This is an important topic as we all encounter sources of stress in our lives and it is critical to develop appropriate responses to stress and seek healthy outlets in order to keep day-to-day stress from reaching critical levels. High levels of stress can lead to adverse effects on our health including high blood pressure, loss of sleep, trouble concentrating, and much more. So keep those stress levels in check, and if you need help you can always call your employee assistance program!

Continue to check out 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

Occupational wellbeing is a tough subject. Its work, it's not supposed to be fun, right? Well seeing as how most working adults spend more time at work than they do at home during the week, your level of occupational wellbeing can have a huge impact on your overall wellbeing. If you're not happy at work, chances are you're not happy when you're away from work. Factors that affect your level of satisfaction at work vary greatly. These factors can include stress-inducing deadlines, long hours, and many things that are out of your control. But for every factor that you can't control, there is one that you can. Setting yourself up for success is the key here. Whether it be showing up early to give yourself more time, challenging yourself to make yourself more efficient, setting personal goals and then accomplishing them, or by looking forward into the future to visualize the promotion you could be getting soon, a positive mind set and positive people around you can make all the difference.



Occupational Wellbeing resources:

Defining job satisfaction and occupational wellbeing can be tough. To help with this, Boundless.com has put together a helpful guide on the biggest factors they've identified that contribute to your sense of satisfaction and happiness in the workplace!

[Read Article Here](#)

Ever wonder what you can do to increase your satisfaction on the job. Depending on what industry you are in, tactics to happiness may vary, but to help you get started head off to Wikipediawiki.com and check out their guide to being happy at work!

[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: Throat and Crown Chakras

In order to support your occupational wellbeing it will be important to be aware of, and nurture, your Throat and Crown Chakras. The Throat Chakra is located in, you guessed it, your throat and is your center of communication, creativity, and self-expression. Your Crown Chakra, located at the top of your head, is your center for intelligence and consciousness. These Chakras can be supported by seeking out motivation and inspiration from the things that you enjoy in life to help you drive yourself to new levels of productiveness, creativity, and passion for what you aspire for in life. Try to engage people in deep conversation, seek out role models or heroes that you can look up to, or keep a journal full of your goals and map out how you will obtain them. 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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