



June 2016: Occupational Wellbeing

Get Involved!



Welcome to the June issue of [TotalWellbeing](#)! This month we discuss Occupational Wellbeing. We've all heard the concept of work/life balance before, but when you think about it, isn't work part of life? In fact, many of us spend a substantial amount of our lives at work. This way of looking at it highlights the importance of supporting ourselves and our goals while at work rather than just putting our lives on hold when we clock in every morning, or night depending on your schedule. Maintaining perspective on your ambitions and goals while at work is critical to maintaining occupational wellbeing and avoiding burning out. Look for opportunities at your job to grow and support your mind and body. For a closer

look at this month's topic and helpful resources please check out [The Path](#) and [The Connection](#) below.

[MINESblog](#) saw some interesting posts last month, it being Mental Health Awareness Month and all. We looked at the mentality and systemic causes of bullying and why it is important to [treat even bullies with empathy](#). Next in our latest Psychology of Performance post we explored the critical interplay between [innovation and maintenance](#) within an organization and how our assumptions on these concepts need to be updated. Finally, we discussed the [importance of family involvement in the therapy of children](#) with a mental health diagnosis.

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

THE PATH: OCCUPATIONAL WELLBEING AND OTHERS

Occupational Wellbeing is about balance, usually between work and life, but life doesn't stop when you arrive at work and start again when you go home. To properly support occupational wellbeing many of us can't afford to put our life on hold while at work. Think about ways to develop yourself while on the job. Ask yourself in what ways your job can help you learn new skills, how you might be able to connect better with co-workers, and identify opportunities to support your health and wellness in other areas while at work. Stay connected with co-workers to avoid working in a secluded environment if possible, set goals you can achieve at the workplace to work towards in order to give yourself something to strive for both personally and professionally. Stay connected with the outside world as well. While on break, check in on family members or take a moment to yourself to read, play a quick game, or study something new you are learning. Make the most of your time while at work as well as at home and you will be more satisfied with both.

Tips for you:

Making work/life balance work for you is important. No two people have the same set of circumstances and demands, so figuring out what works best for you is crucial. Work-life balance, says Nigel Marsh, is too important to be left in the hands of your employer. Marsh lays out an ideal day balanced between family time, personal time, and productivity — and offers some stirring encouragement to make it happen.

[Watch Talk 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:

If you are successful and happy that is a great thing. You know what else is great, when those who know what it takes to be happy and successful share their knowledge and help others achieve. A great way to do that is through mentoring. Did you know that through www.Micromentor.org you can sign up to help mentor young professionals and help them get a leg up in their careers? If you're a young professional, you can find a mentor here, too! Check it out!

[See how you can help!](#)

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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