



June 2017: Intellectual Wellbeing and Estate Planning

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Welcome to the June issue of [TotalWellbeing](#)! If you have been following TotalWellbeing you know that every month we focus on one of the [8 Dimensions of Wellbeing](#). This month we hope you will think about how you can creatively expand your knowledge and skills, particularly in the arena of Estate Planning. Taking time to focus on your estate planning is a great way to stretch your intellectual side and planning for the future will help not only you, but those that love you as well.

For a closer look at this month's topic and helpful resources please check out [The Path](#) and [The Connection](#) below or check out our [latest infographic](#) on the importance of Estate Planning. Always feel free to print these resources and post them around if you feel they would be helpful.

Mental Health Awareness month was a busy month on [MINESblog](#). First of all, in case you missed them please take a look at our [Mental Health Awareness statistics](#) as well as our [collection of helplines and resources](#). Next, we had a post on staying aware of your own mental health even when facing life's distractions such as a new born baby. And then in honor of our veterans on Memorial Day, we posted about [veteran's access to mental health services and stigma](#).

As always, for more information please check out the links to the left or hit the share button to send us a message. To be notified when we post more resources and articles make sure to subscribe to [MINESblog](#). See you next month!

To your total wellbeing,
The MINES Team

THE PATH: WHAT DOES ESTATE PLANNING HAVE TO DO WITH INTELLECTUAL WELLBEING?

By exploring your intellectual wellbeing and finding ways to expand your breadth of knowledge and skills, you are setting yourself up for success. If you are able to learn something new each quarter, you will be able to supply a need either in your home life or at work. And in turn, you will feel better about your skills and hopefully less stressed overall. Learning can include expanding your vocabulary, revisiting a subject you know a little about, or even discovering the details about your local neighborhood birds. One area that is often overlooked when you think of learning something new is related to planning for your future; specifically creating an estate plan and will. There are so many options out there when it comes to estate planning, most people don't know where to start or how to go about it. This month is a great time to research and learn about the best practices that come with estate planning, along with taking the time to see what

other skills you can look at developing throughout the next several months.

For example, here are some great steps on how to expand your verbal intelligence.
<http://www.lifehack.org/articles/communication/expand-your-verbal-intelligence.html>

Tips for you:

Take the time to do a will or trust for yourself to protect the rights of your family or loved ones if something should happen to you. There are simple do-it-yourself wills you can find online or Personal Advantage or meet with a lawyer to set one up. Check out this month's webinar to learn more about life planning options for a disabled family member, whether it is making sure they are taken care of in your estate plan or making sure their estate plan is set up to preserve their assets.

[Check out the webinar 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:

This month look at how you can expand your knowledge and skills within your community. Check out your local community's website for classes you could take or find a way to use your skills to help someone in your community.

[Click here to find a place to use your skills near you!](#)

We're happy to announce that **PersonalAdvantage**, an online benefit available through MINES, has been redesigned and is better than ever. It still has tons of the same great resources for all the dimensions of wellbeing that we discuss here, along with some articles and assistance for Estate Planning, and now has a new look, easier navigation, and works great on mobile too. If you haven't checked it out yet, or want to see what resources they have for this month's topic check out the link below. You'll need your company login, so make sure to get that from your employer or email us and we'll be happy to provide that to you.

[Check Out PersonalAdvantage Here!](#)

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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