



June 2018: Stress Management is key to your Occupational Wellbeing



Dear <<first name>>,

Welcome to the June edition of **TotalWellbeing**, your guide to the [8 dimensions of wellbeing](#). This month we are going to take a look at occupational wellbeing with a focus on reducing stress in the workplace and things you can do to help yourself and your fellow employees maximize workplace satisfaction. If you missed us last month you can catch up on our [newsletters page](#). As we make it through the year we will continue to emphasize the concept of community and look at how our actions affect our community, country, and in some cases the rest of the world.

To your total wellbeing,
The MINES Team

How Your Employer can support your Occupational Wellbeing

Occupational wellbeing is maximized by finding ways to increase your personal satisfaction and enrichment from your work. Your co-workers, supervisor, and employer are all key players that can help you increase your occupational wellbeing. The next time you talk to your supervisor whether it is during your 1:1 or during a review period, take a moment to discuss your stressors, your thoughts for improving your workplace, and what support you would like when it comes to your wellbeing. It may be as simple as finding a training for you to attend or redesigning your cubicle or it could be a more complex solution around how to reduce your scheduled meetings or giving you support from someone else to finish a task. No matter what would help improve your work-life and reduce stress, it is important to let those you work with know about how they can support you, and in turn, how you can support them. You never know when your idea might be the same thing that others have been thinking of will help improve the whole department's wellbeing.

If you would like to talk to a counselor about these topics, please call us at 1-800-873-7138 to get connected right away. Also, [PersonalAdvantage](#) has some great [tools](#) and [webinars](#) this month to improve your knowledge around dealing with stress and maximizing your life by reducing worry. For more be sure to check out our ["Stress/Health Connection" infographic](#).

Question of the Month

What is one thing you might be able to change that would help you do your job better and be happier doing it?

This Month's Focus

[Check out this month's webinar on Minimizing Worry to Maximize Your Life](#)

This Month on MINESblog:

[Foster Families and Mental Health](#)

[John Oliver: Rehab, Last Week Tonight Psychology of Performance](#)

Check out this Month's Infographic

Important Links

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<i>Quote of the Month</i>	<i>Training Suggestions</i>
<p>“Adopting the right attitude can convert a negative stress into a positive one.” – Hans Seyle</p>	<p>Check out these training suggestions that may help your organization with Occupational 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:</p> <ol style="list-style-type: none"> 1. Advanced Communication- Adding Value 2. Humor in the Workplace 3. Employee Engagement- Attitudes that Optimize Work Performance
<p><i>MINES Updates/Community World View</i></p> <p>If you don't have a wellness committee, now is a great time to start. A wellness committee is a perfect place for these ideas to come to fruition and help give you the satisfaction and enriching your work life needs. There are a lot of ways a wellness committee can work, and if you ever need some ideas, MINES would be happy to help. Additionally we invite you to outreach Health Links to have them assist you with developing your program or give you advice on how to help improve your occupational wellbeing. Also consider gathering ideas about how your own employees reduce stress and share those ideas amongst everyone. Or check out any one of the great webinars, blogs, or infographics on our site to share with your co-workers and friends. Stress is universal and it is always good to discover new ways to deal with it.</p>	
<p><i>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.</i></p>	
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