



March 2015: Be Aware of Your Financial Wellbeing



Wellness through Awareness!

Welcome to the March issue of *TotalWellbeing!* This month we're setting our sights on financial wellbeing. After all it is in the middle of tax season and finances are already on a lot of our minds. But that's the thing about financial wellbeing; when are finances not on our minds? Financial wellbeing can be one of the biggest sources of stress in life. This is because much of our wellbeing in other areas of life is tied to our financial situation. But don't be fooled, more is not always better. While it is critical to have enough money to cover basic needs for yourself and those that depend on you, more money does not always equate to increased happiness. To explore this dimension more closely please read *The Path*, below.

If you had your eye on the [MINES blog](#) last month, you may have had the pleasure of reading a very insightful look into the world of consumer-directed healthcare and the role of technology as we move forward into the unknown of the healthcare frontier. If you missed it, don't worry you can still head over to our blog to check out parts [1](#), [2](#), [3](#), and [4](#).

Make sure to follow us on our [blog](#) and [LinkedIn showcase pages](#) to make sure you don't miss anything, and share any wellbeing stories that you have by hitting one of the [Share](#) buttons above so that you can help bring wellbeing to others who may need some inspiration. The best wellbeing stories will be featured in the quarterly *BalancedLiving Magazine* and authors could also receive a \$5 gift card! See you next time!

To your total wellbeing,
The MINES Team

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THE PATH

Paying rent, buying food, saving up for something special, or paying off debt; these are just a few examples of common financial events that we might face on a day-to-day basis. From the time you start getting allowance as a child, to your first job as a teenager, your career as an adult, and onward to your retirement in the twilight years, money is something that must be managed throughout life and a lot of our happiness and wellbeing along the way is anchored to our successes and failures within the financial realm. The bright side is that much of our perception of financial success is in our minds. Once we have enough money to cover our basic needs of food, shelter, and clothing, how much more money you need to be happy is up to you. Don't listen to those who say the only metric for success is monetary. Figure out what you want and carve out your own path.

Financial Wellbeing resources:

Rising living expenses, high interest rates, unexpected expenditures, and loss of income are just some of the many reasons that you may find yourself in the midst of financial troubles. This article from [Livestrong.com](#) looks at the effects of money trouble on families and discusses some strategies to get your money in order and get back on track to financial wellbeing!

[Read Article Here](#)

If you are facing financial stress of your own or just want to brush up on the tools available to you, check out these 8 financial tools recommended by [Betterment.com!](#)

[Check Out Tools](#)

NEW! CHAKRA TO YOUR SENSES NEW!

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: Root and Solar Plexus Chakras

In order to support your financial wellbeing it will be important to be aware of and nurture your Root and Solar Plexus Chakras. Located in the base of your spine and your belly respectively, the Root and Solar Plexus are your centers for willpower, motivation, survival, as well as stability, making these centers ideal for trusting your gut, keeping focused, and having the will to remain frugal with your spending. This one's basically about good decision-making, so nurture these chakras by getting plenty of sleep, avoiding excessive alcohol consumption, and reaching out to people you trust. 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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