



March 2016: Emotional Wellbeing

Get Involved!



Welcome to the March issue of [TotalWellbeing](#)! This month we are bringing you resources to support your Emotional Wellbeing. As you nurture your Emotional Wellbeing remember that it is important to look at the bright side. The interplay between our perception and our emotions is a powerful connection that is important to be aware of. Put simply, depending on your outlook, your mind can perceive a situation in a positive light or a negative one, in turn making the situation either better or worse than it may actually be. It is important to remember that you have the power to influence your perception and to take steps to make sure you maintain a positive outlook as you navigate life's day-to-day challenges. For a closer look at this month's topic and helpful resources please check out [The Path](#) and [The Connection](#) below.

We hope you saw our posts on [MINESblog](#) last month. If you missed it you're sure to want to check out our examination of the [leadership and culture of the Denver Broncos](#) as they headed towards their Super Bowl 50 victory. Next our [Leap day post](#) may have explored what you can do with a little extra time on your hands, but don't worry you don't have to wait another 4 years to take advantage of it, seize the day now!

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: EMOTIONAL WELLBEING AND PERSPECTIVE

This month we'd like to talk about the relationship perspective has with our emotional wellbeing. It's the old metaphor of looking at a glass as half full rather than half empty. Keeping your mind on the positive side of a situation can be a very powerful tool in your wellbeing repertoire. For instance if you try and perceive a typically anxiety-inducing situation as a challenge that you can overcome, rather than an insurmountable obstacle, you can begin to turn your anxiety into excitement as you strive to triumph over whatever is in your path. So if you need an emotional boost try changing your perspective, you can accomplish this by doing something that will put your mind into a different mode of thought. Try listening to some music you love, doing something creative like painting or writing, going outdoors for some fresh air, or try going somewhere new such as a new restaurant. You'll find that a change in perspective may help you see things in a more positive light!

Tips for you:

Taking care of your emotional health is as important as taking care of your physical body. If your emotional health is out of balance, you may experience high blood pressure, ulcers, chest pain, or a host of other physical symptoms. Check out 10 ways that you can boost your own emotional wellbeing.

[Read tips 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:

When the going gets tough even the tough can get emotional. Everyone needs support sometimes and there is nothing at all wrong with that. In fact it is very healthy to seek support when you need it. Friends and family are a great source for this type of support, however, sometimes you need to talk to people that can better relate with the situation. That's where support groups come in. They can be a great way to connect with people that are going through the same thing you are. Check out Mental Health America's database of support groups to find local support over a wide variety of topics.

[Check out this great resource!](#)

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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