



March 2017: Emotional Wellbeing and Managing Change



Get Involved!

Welcome to the March 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 will discuss how your emotional wellbeing dictates how you work through change. Change is hard no matter how you look at it. Whether it is changes at work or in your personal life, it is hard to recalibrate and accept the changes that inevitably come. The state of your emotional wellbeing will determine how you are able to deal with these changes.

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 [new infographic here!](#)

Last month we hit many important topics on [MINESblog](#). First, in the wake of the Super Bowl, our own Dr. Robert Mines examined [the psychology behind professional athletes in high pressure situations](#). Next, we took a step back to look at the tradition of Groundhog's Day and looked at [ways you can avoid running from your own shadow](#). Finally, Dr. Robert Mines and our CIO Ryan Lucas took an in-depth look at the gap of care that exists between students and care providers, and [how Employee Assistance Programs can help get students the care they need](#). Finally, we also had a friend and community member, [Amy Babich share her insights on Eating Disorders](#) as Feb. 27 – Mar. 3 is Eating Disorder Awareness Week.

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: FROM YOUR EMOTIONAL WELLBEING TO MANAGING CHANGE

Emotions and change go hand-in-hand. The changes you have experienced in your career and in your home life affect your emotional state and depending on your emotional state, change may be harder to accept or work through. When you lose the promotion you have been waiting for, you may react negatively and feel like you failed yourself, especially if you are not able to find a way to stay positive and you do not have the emotional support needed to survive this type of change. When you decide to change your current behaviors and work on those New Year Resolutions, how you look at the failure or success of those resolutions is determined by your emotional wellbeing. The key is to find ways to stay emotionally healthy so you can work through these changes and thrive no matter what is thrown your way. Make sure you take time for yourself and work on your emotional resilience, so that when you come across these changes, regardless if they are changes you can control or not, you can work through them successfully. Get perspective about managing change. Take the time to talk to someone who has dealt with change in their life and see how they reacted to that change and what you can learn from them. Those who have dealt with daily changes that they have no control over have very different, but effective, ways to handle change and their emotional wellbeing related to those changes.

[Check out these resources about how to best manage changes in your life.](#)

Tips for you:

Choose one change at a time and think **SMART** when you decide how you want to work on that change. Choose a goal that is **Specific, Measurable, Attainable, Realistic, and Timely** and accept that it is ok to slip up on occasion. [Check out this webinar for more about change.](#)

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 check out this link to find ways to help foster change in others' lives. [Click here to learn more](#)

Don't forget that PersonalAdvantage, an online benefit available through MINES, has tons of great resources for all the dimensions of wellbeing that we discuss here, along with some articles and assistance for Change Management. 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 Personal Advantage 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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