



May 2017: Spiritual Wellbeing and Happiness



Get Involved!

Welcome to the May 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 are not only looking at the importance of happiness and your spiritual wellbeing, but celebrating Mental Health Awareness. Keeping your mental health in mind is key to all areas of your wellbeing. So, while we take the time to look at how addressing your spiritual nature or expanding your sense of purpose is a good way to hone in on being happy, keep an eye for other great tweets, blogs, and great information coming your way all month long!

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 infographics. We have one on some [important mental health awareness stats](#) and another full of [important mental health resource contacts](#) that we encourage you to print and post where people can see it in case they need to access help.

Mental Health Awareness month will be a busy month on [MINESblog](#). To start off we have a post on [Mental Health awareness](#) and some good resources to keep in mind. Stay tuned as we will be discussing mental health awareness all month. To recap last month, we saw posts on [National Walking Day](#), a word on [National All is Ours day](#), and finally a post about how [Curiosity did not Kill the Ferret](#) discussing pets and how we can all learn a little life lesson from our furry, scaly, or feathered loved ones.

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: HOW DOES SPIRITUAL WELLBEING RELATE TO HAPPINESS?

When you look at what makes you happy, it general is connected to your sense of purpose in the world, and your concept of purpose forms your spiritual wellbeing. So if you are struggling with your place in the world or knowing where your inner self wants to be, you will probably be struggling with how to stay positive and feel happy. This month take the time to think about what you want to give back to the world and what you can do to accomplish those goals and fulfill your purpose. By starting there, you are starting (or redefining) what your adventure through life is and where it will take you. We can all make a difference and can find ways to support our inner needs and desires. By being connected and truly knowing what you want to gain out of life, you are setting yourself up to find ways to be fulfilled and happy, even when things may not go according to plan. Research from numerous sources shows that regardless of the spiritual orientation, spiritually aware people are happier and have stronger coping skills than their unaware or unfocused counterparts.

This month check out these [7 tips for Happiness](#) for more great reminders on how to focus on being happy.

Tips for you:

Finding something positive in every negative situation will help you focus inward and on being happy.

[Check out this webinar to learn more about how to bring more happiness to your personal life.](#)

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:

Oftentimes your journey to spiritual wellbeing will lead you to be and learn among others. Your community can help shape who you are and how you react to life. Take the time this month to talk to your personal community and see how you can help someone along their spiritual journey to find their purpose or to help someone find happiness.

[Click here to find an activity near you!](#)

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 Grief and Loss. 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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