



# May 2018:

## The Relationship Between Self Motivation and Emotional Wellbeing



Dear <<first name>>,

Welcome to the May edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we are going to take a look at emotional wellbeing, specifically how your self-motivation can help improve your emotional state of mind. 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 Emotional Wellbeing is Related to Your Motivation***

It is very easy to procrastinate, feel overwhelmed, and get burned out. However, if you are able to find motivation and attack each task you have on your plate, then these become less of a burden and your emotional wellbeing will be improved. It is vital to find things in your everyday life that make you happy, satisfied, and feel good. [This blog](#) has some great ways to help you be proactive about stress and some easy things you can do to help reduce it. It is also important to think of what you are grateful for, what motivates you, and how you look at your job, family, and personal wellbeing in order to figure out how to thrive in your life.

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 communication, teaching children about life changes, and resilient parenting to help support social wellbeing, and be sure to check out our [“Estate Planning” infographic](#).

### ***Question of the Month***

What areas in your life do you lack motivation and how can you find motivation?

### ***Quote of the Month***

**“The only person you are destined to become, is the person**

### ***Training Suggestions***

Check out these training suggestions that may help your organization with

### ***This Month’s Focus***

[Check out this month’s webinar on Essential Estate Planning](#)

***This Month on MINESblog:***  
[Proactive Stress Management](#)

[Check out this Month’s Infographic](#)

### ***Important Links***

- [Visit our BLOG](#)
- [MINES and Associates](#)
- [2018 Training Catalog](#)
- [Balanced Living Magazine](#)
- [LinkedIn](#)
- [MINES Archives](#)

### ***Contact Us***

[Email MINES](#)

**you decide to be.”**  
**– Ralph Waldo Emerson**

Emotional 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:

1. [Balancing Work and Family/Personal life](#)
2. [Emotional Intelligence and Leadership](#)
3. [Learning and Practicing Optimism](#)

### ***MINES Updates/Community World View***

Emotional Wellbeing can encompass a lot of areas, feelings, and guidelines of how you live your life. How you perceive your emotional wellbeing also stems from your background, what you distinguish as normal, your biases, and your willingness to step outside of your comfort zone. Being able to look internally is a big step to seeing how you can improve your emotional intelligence. However, it is important to recognize that each culture has a different perspective on what being “emotionally well” really is. Patriarchal societies tend to think that showing your emotions may not be the best way to enhance your emotional wellbeing. However, that is not say that they don’t want to expand this side of wellbeing or that they don’t promote it in other ways. It is important to accept that how you express your emotions and how you deal with the various stressors in your life is unique to you. Take time to observe how others communicate about their emotional wellbeing to see how you can better support them.

***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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