



May 2019: Eating Healthy and Physical Wellbeing



Welcome to the May 2019 edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we will look at two topics that are very closely related and while the importance of them may seem obvious, they can still be a bit tricky. We are talking of course about eating healthy and your physical wellbeing. Again, these topics may seem easy, but it can actually be very difficult to keep up your good wellbeing habits up around healthy eating especially in times of stress, when you're at work, on the go like on vacation, and around holidays, even though these are some of the most important times to keep up the hard work. To help you stay mindful of your healthy eating habits take a look at [these helpful articles](#), [free webinars](#), and the information below.

If you missed us last month, last year, or you are new to **TotalWellbeing**, you can catch up on our [newsletters page](#). Remember, this newsletter is aimed at providing helpful information about various aspects of your wellbeing and then connecting it all back to important and relevant parts of everyday life. We will continue to focus on looking at each facet of wellbeing from a small, personal, level and then look at how it connects to the bigger community level as we explore how our wellbeing is tied to the world around us in often surprising ways.

To your total wellbeing,
The MINES Team

Sustainable habits, for lifelong health

We have said it before on this newsletter and we will say it again because it warrants repeating: Lifelong wellbeing is about creating healthy sustainable habits while working to eliminate the bad ones. Healthy eating is no different. You should strive to build healthy eating habits that will support you for your entire life. Short-term diets yield short-term results, but if you want to be able to maintain your health in the long-term, you must build eating habits that you do every day. Of course, we aren't saying that you can't splurge occasionally, but you should always strive to be mindful of what you are eating and what impact it may have on your health. Limit fast food, build your arsenal of healthy recipes, and set yourself up for success by filling your fridge and cupboards with good nutritious food and toss away the junk. By building this healthy and nutritious foundation we promise you will feel better, have more energy, get sick less often, and the benefits will continue to spread throughout your life. And if you're already doing these things, GREAT! KEEP IT UP!

If you would like to talk to a counselor or wellness coach about eating better, exercising, or other ways you can work on your physical wellbeing, please call us

This Month's Focus

[Check out this month's webinar: Letting Your Emotions Interfere with Eating](#)

MINESblog:
[Stress Infographic #1: Workplace Stress](#)

[Stress Infographic #2: Stress/Health Connection](#)

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at 1-800-873-7138 to get connected right away. Also, [PersonalAdvantage](#) has a ton of great resources and FREE [webinars](#) this month to help you focus on your wellbeing while also being productive at work and home.

Questions of the Month

When is your healthy eating habits the most vulnerable? What are your junk food triggers, and what can you do to counter them?

Quote of the Month

“Take care of your body. It’s the only place you have to live.” - Jim Rohn

Training Suggestions

Check out these training suggestions that may help your organization with de-cluttering and Spiritual 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. [Are Your Really Exercising?](#)
2. [Eating for Energy](#)
3. [Nutrition for life](#)

Community and Global Perspective

One of the best and easiest ways to connect to other cultures around the world is through food. So, while you are exploring ways to enhance your healthy eating habits, take time to look at cultures and cuisines from around the world that you are interested in and borrow dishes, cooking methods, and ingredients from the stuff you find in your research. This sort of world tour of foods is a great way to expose yourself to new foods, new ideas, and new habits that will help inspire you in the kitchen and is a great way to connect with other people as 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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