



November 2017: Emotional Wellbeing and Elder Care

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Welcome to the November issue of [TotalWellbeing](#)! If you have been following TotalWellbeing you know that every month we focus on one of the [8 Dimensions of Wellbeing](#). As we dive into the last quarter of the year, we start to think about our friends and family that may be missing from the holiday dinner or about how much things have changed with our elderly family members and friends. This time of year is a perfect time to look deeper at our emotional wellbeing and how we can be resilient through the next couple of months. It is also a great time to look at how we can support and uplift those who have the incredibly hard job of taking care of their elderly family members, or work in the field of eldercare, as they also may struggle with their emotional wellbeing.



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 [newest infographic on Eldercare](#) for some data and tips around planning for long-term care, or check out some helpful tips sheets [here](#) and [here](#).

To catch you up on [MINESblog](#), October saw two important posts. The first post was around [World Mental Health Day](#). Our post covered some information and history around mental wellbeing, and provided some helpful links to mental health resources. Our second post provided a firsthand account of [emotional resilience in the wake of the Vegas Shooting](#) from one of our team members that was in Las Vegas shortly after the tragedy. And don't forget to check out the latest edition of [BalancedLiving with great fall related resources](#) just in time for the holidays.

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: WHEN ELDER CARE AND EMOTIONS COLLIDE

It can be quite emotional to be the caretaker of a loved one. Whether you are the sole-caretaker or part of a team caring for someone, it drains you emotionally and physically. The responsibility of caring for another means you may not go out socially, you struggle with decisions that you may not want to make, and you may have financial strain all while living your own life. It is important to keep in mind if you know a caretaker, or are one, that you need to take time to examine your emotions and find a way to support your emotional wellbeing among everything else or to find a way to support the people you know. Remember self-care is just as important as eating healthy when it comes to

your wellbeing. And if you know someone who is caring for someone else, remember to take time this month to thank them for what they are doing and check in with them to see what you can do to uplift them and their needs.

Check out a great website for some great tips improve your emotional wellbeing [here!](#)

Tips for you:

It is never too early to start creating a care plan for an aging loved one. Check out this month's webinar to learn what Elder Law encompasses and how an Elder Law attorney can help you as you age. The discussion will focus on estate documents such as powers of attorney, healthcare directives, living wills, wills and trusts, and will discuss long-term care planning including the different programs and planning available to help with the costs of long-term care and protecting your assets for your loved ones. [Check out the webinar 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:

This month look at how you can expand your knowledge and skills within your community. Check out your local community's website for senior centers or other places you could volunteer to help someone in your community.

[Click here to find a place to use your skills near you!](#)

If your organization has access to **PersonalAdvantage** make sure to check out this customizable online benefit available through MINES. It has tons of the same great resources for all the dimensions of wellbeing that we discuss here, along with some articles and a [whole section of trainings on Resilience!](#) 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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