



October 2018: Environmental Wellbeing, Investing, and Self-Motivation



Welcome to the October edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month's focus is going to be on environmental wellbeing which involves looking at how your surroundings impact your health. This can be your home, workplace, or city that you live in or the types of environments such as city, desert, mountains and so on. Environmental traits that can affect your health include air quality, noise levels, access to resources, and more. We will also be looking at investing basics and providing resources around tax tips and financial advice. If you missed us last month you can catch up on our [newsletters page](#). As a reminder, 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 our everyday life. 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

Environmental Wellbeing and Motivation

Environmental wellbeing and motivation can be very closely tied to one another. Think about your workspace. No matter what type of environment you work in, whether it be an office, a warehouse, or even outdoors, you work the best, are most productive, and have the most energy when everything is organized or to your preference. Likewise, clutter, loud noises, interruptions, and other things that contribute to a bad work environment can bog you down and make work less enjoyable and productive. Therefore it is important to do what you can to make sure that your work environment is set up for success. What this means is going to be different depending on where you work and how you prefer to work. While one person may like an impeccably clean workstation, another might actually prefer to have some clutter and things like decorations. To determine what environment works best for you ask yourself what feeds you energy and try and fill your environment with those aspects while removing what you think distracts or you or drains your energy and motivation. This translates to your free time as well. What kind of environments give you energy. Are you a person who thrives in the outdoors? Do you prefer an urban setting? Maybe quiet solitude at home is where you prefer. Try to identify the environments that you thrive in and make them your go-to for when you need to recharge your batteries.

If you would like to talk to a counselor or wellness coach about these topics, please call us at 1-800-873-7138 to get connected right away. Also, [PersonalAdvantage](#) has some great [investment tips](#) and [webinars](#) this month to

This Month's Focus

[Check out this month's webinar on Investments 101](#)

MINESblog

Review:

[MINES Archive 2017: Mental Health Awareness Resources](#)

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

Important Links

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improve your knowledge around a wide variety of financial topics and elder care. For more be sure to check out our [“Investment Taxes” infographic](#).

Question of the Month

What are your key sources of motivation that inspire you day to day?

Quote of the Month

**“Nothing is impossible, the word itself says, ‘I’m possible’.”
– Aubrey Hepburn**

Training Suggestions

Check out these training suggestions that may help your organization with Environmental Wellbeing and Investing skills. 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. [Nature-Based Mindfulness](#)
2. [Financial Fitness](#)
3. [The Countdown Has Begun: How to maximize the last years before your retirement](#)

Community and Global Perspective

People and communities thrive when the environments they live and work in are clean, safe, and sustainable. The saying “Think Global, Act Local” is a great way to connect the concept of environmental wellbeing with the larger scale of things. To keep our environments clean and safe it takes everyone working together. From simply cleaning up after ourselves, not littering, and recycling where possible, all the way to volunteering for cleanup crews or even organizing one yourself, everyone can take part in making sure us humans are responsible for the environment in a way that will keep our world safe and habitable for generations to come. Find out ways you can help by visiting the following sites depending on where you live, and we promise your environmental wellbeing will all the better for it!

- [Denver areas initiatives](#)
- [River cleanup initiatives](#)
- [Ocean cleanup initiatives](#)

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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