



October 2019: Healthy Holidays & Financial Wellbeing



Welcome to the October 2019 edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we would like to begin again by reminding everyone that you can now **access your counseling services with MINES through an online text and messaging platform! It's counseling whenever, wherever! Call us anytime for more info or to get set up!**

This month we will look at keeping the holidays as stress-free as possible and how to support your financial wellbeing. The holidays can be a tough time for a variety of reasons. To ensure a successful holiday season that's not too rough on your finances, or your wellbeing, make sure to set realistic expectations, and don't overextend yourself or schedule too many events. Know that it is perfectly okay to say "no" to plans if you already have too much going on and don't feel obligated to buy too many gifts. The more you plan in advance, and the better limits you set in terms of time and spending money, the more in control you will feel and the less stressed you will be. For more information on financial wellbeing check out [these helpful articles](#), [free webinars](#), and the information below.

Remember you can always catch past issues of **TotalWellbeing** on our [newsletters page](#). 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. If you have any thoughts, questions, or content you would like to see covered here please get in contact with us. You can email us directly by clicking [here](#).

To your total wellbeing,
The MINES Team

Ways to Keep the Holidays Stress-Free

While [this article](#) covers a full 12 strategies to keep the stress levels low this holiday season, let's take a moment to look at some of the key points across several of the holiday season's primary activities; eating, shopping, and partying.

1. **Shop smart - Give yourself plenty of time to complete your holiday shopping. Shop with an itemized list of what you'll buy for each person and a ballpark figure of what you'll spend.**
2. **Eat smart - Don't feel obligated to eat everything on your plate or to have dessert. And think twice before going back for seconds. If you overeat, get right back into your normal routine the next day.**
3. **Party smart - Keep parties simple by having a buffet instead of a formal sit-down dinner. Serve uncomplicated dishes (made with six**

This Month's Focus

[5 Strategies to Actually Enjoy the Holidays This Year](#)

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<p>ingredients or less) that you've made before.</p> <p>Remember that you and your household members have financial benefits, including financial coaching and free 30-minute consults for financial matters, available through the EAP. Please call us 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.</p>	
<p><i>Question of the Month</i></p> <p>What is your number one source of holiday stress? What are some ways the tips from this newsletter may help you limit the stress this year?</p>	
<p><i>Quote of the Month</i></p>	<p><i>Training Suggestions</i></p>
<p>“A wise person should have money in their head, but not in their heart.” — Jonathan Swift</p>	<p>Check out these training suggestions that may help your organization to reduce holiday stress and support financial 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:</p> <ol style="list-style-type: none"> 1. Thriving with the Holidays 2. Financial Fitness 3. Estate Planning, Wills, and Trusts
<p><i>Community and Global Perspective</i></p> <p>Most every country and culture in the world has a set of holidays, traditions, and rituals. Many of these holidays can bring with them an overwhelming number of events, social interaction, and obligations. No matter where you are during the holidays there are some things that you can do to keep peace of mind and keep your cool! Make a daily to-do list. Start each day by planning what you want to do and setting priorities. Even if you don't get everything done, the process is important. Maximize your physical health. Being "all that you can be" increases your confidence and sense of control. A healthful diet, regular physical activity and enough sleep all help you feel up to daily challenges. Speak respectfully to everyone. Simple courtesies set the stage for constructive interactions. Consider how others will respond to what you're about to say. If it's likely to cause hurt or anger, find a more positive way to make your point. There are many more things you can do to help, but practice just these first principles and you will be well on your way to a peaceful holiday season.</p>	
<p><i>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</i></p>	

800.873.7138.

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