



September 2017: Occupational Wellbeing and Resilience

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Welcome to the September issue of [TotalWellbeing!](#) If you have been following TotalWellbeing you know that every month we focus on one of the [8 Dimensions of Wellbeing](#). In today's workplace the word "resiliency" is brought up a lot. But what does resiliency mean to you and how can you apply your personal definition of it to your work and personal life? The Merriam-Webster Dictionary defines resilience as "an ability to recover from or adjust easily to change" however you could define it in several ways as we are asked daily to make micro-adjustments in our lives. This month, we hope you can take advantage of these blogs and webinars, and consider how they might help you thrive at work even more than you may be doing now.

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 [latest infographic](#) for some tips on how to be more resilient. Always feel free to print these resources and post them around if you feel they would be helpful.

These next few months mark some busy times in the world of Employee Assistance Programs. As such MINES will be on the road talking about wellbeing and employee health all over the country. We may even be seeing some of you in the process. To help track us down we posted an [overview of where we will be and what the MINES Team will be up to](#). Of course, as events and trips draw closer we will update you all so be sure to follow us on [MINESblog!](#) And for some more resilience resources check out this throwback post on [the ability to bounce back](#).

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: HOW TO IMPROVE YOUR RESILIENCE AT WORK

Occupational wellbeing is just as important as any of the eight facets and so it is important to look at how to feed your happiness and sense of accomplishment at work. Resiliency is about bouncing back from setbacks and looking at those changes or setbacks as an opportunity to improve your situation. When we are looking at the occupational wellbeing and resilience, it is easy to see how they go hand in hand. If you are able to find a way to be resilient and accept change, you will be able to better succeed in your occupation, thus allowing you to feel personal satisfaction of a job well done. The first steps are finding the positive in every situation and communicating your

struggles with those you work with as you never know what solutions or suggestions they may know of. With these two things accomplished you can find ways to thrive in your occupation.

Here are some quick and easy tips to help improve your occupational wellbeing and productivity!

[Check out the tips here!](#)

Tips for you:

Do you ever ask yourself, "What can I do today to change my life for the better?" Thankfully, research supports that there is something we can do about it, and it's actually quite easy. Check out this month's webinar on two actionable concepts that you will enjoy adding to your daily/weekly routine and that will help you live a resilient, happier, positive, more purposeful life!

[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 classes you could take or find a way to use your skills 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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