



February 2020: The Power of Forgiveness

**MINE&
& ASSOCIATES**
A National Business Psychology



***“Mistakes are always forgivable, if one has the courage to admit them.”
– Bruce Lee***

Hello!

Welcome to the February 2020 edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. Forgiveness and supporting your Social Wellbeing will be the focus this month. It is easy to hold on to grudges and stay mad, especially when you feel that someone has wrong you or betrayed your trust. However, holding on to negative feelings and refusing to forgive can take its toll on your own wellbeing. Forgiveness can be extremely tough, but once you find it in yourself to truly forgive someone, it can take a huge load off your back and free your mind to think about more positive things. It's also important to remember that you do not have to forget just because you forgave. It is totally okay to forgive someone without wanting to remain friends afterward, the important part is that you free yourself of your grudges and prevent these negative feelings from the past from interfering with your present and future wellbeing. To get you thinking about how to forgive and the benefits you may see once you're ready, use our resources like [these helpful articles](#) or this [free webinar](#)!

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](#).

This Month's Focus

Free Webinar:

[Understanding Forgiveness](#)

MINESblog:

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To your total wellbeing,
The MINES Team

Learning to Forgive

Forgiving someone who has hurt you deeply — a parent, sibling, spouse, ex-spouse, employer, or even a stranger — is one of the most difficult challenges you'll face in life.

Until you can forgive, anger, resentment, and bitterness will continue to eat away at your heart and mind, causing emotional and even physical damage because of increased stress.

"Not forgiving means you carry in your heart the pain the person has caused you," says Kathleen Griffin, author of *The Forgiveness Formula: How to Let Go of Your Pain and Move on With Life*. "Not letting go of this burden can keep you trapped in the past and unable to move forward into a better future."

Check out [this article](#) for a complete look at understanding forgiveness and tips to help you along the way including how to choose to forgive to lighten your emotional stress, practicing forgiveness, and helpful visualization and mindfulness techniques around forgiveness.

Remember that if you or a household member are experiencing stress around emotional issues, including forgiveness, we can help. **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.

Supporting Your Social Wellbeing

Learning to forgive can go a long way in enhancing your social wellbeing. That said social demands and pressures can still take their toll even with the monkey of holding a grudge is off your back. So, what are some good ways to make social obligations and interactions less stressful? Try these tips:

1. Be assertive but gracious. Stand up for your rights but do it in a way that doesn't alienate others. This is particularly applicable when people want too much of you or your time.
2. Seek out people who share your interests, people you understand and who understand you.
3. Remember to smile. Be open with people and be yourself. Allow other people to be themselves.
4. Work on your social skills and use them. Talk to people and be friendly.

For more resources on supporting your social wellbeing, log in to [PersonalAdvantage](#) today.

Question of the Month

What is one thing that you could forgive someone in your life for? Yourself? How would forgiveness help repair the relationship with this person/yourself?

Training Suggestions to Support This Month's Topic

Check out these training suggestions that may help members of your organization communicate with others better and support their social 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. [Assertiveness Training](#)
2. [Fundamentals of Self-Esteem](#)
3. [Learning and Practicing Optimism](#)

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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