



February 2021: It's Time to De-Stress

**MINES
& ASSOCIATES**
A National Business Psychology Firm



***“The time to relax is when you don’t have time for it.” –
Sydney J. Harris***

Welcome to the February 2021 edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month it’s time to take a deep breath and de-stress. No matter how resilient you are, stress and anxiety can have an impact on your life in some way or another. It is important to be able to recognize the signs of stress and take steps to manage it on a day-to-day basis. This can be tricky as often we don’t feel as if we have time to take time for ourselves, but it is critical that we do so to avoid stress, burnout, and the symptoms that come with those including tension headaches, anxiety, insomnia, and other wellbeing issues. See below for some tips on managing stress with exercise as well as an infographic with more stress-related tips to help you unwind.

Please remember that your EAP is here for you to provide a variety of resources to manage stress. You have access to free and confidential counseling, wellness coaching, work/life balance tools, and more! Plus, an online resource library full of proactive self-help tools. Visit [PersonalAdvantage](#) for helpful articles, tips, health assessments, stress tests, and more!

To your total wellbeing,
The MINES Team

Managing Stress with Exercise

Stress can make you feel drained, anxious, and even depressed. While there are several ways to manage runaway stress, none is as enjoyable and

This Month’s Focus

Free Webinar:

[Calm Down: Meditation
and Relaxation Guide](#)

MINESblog:

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our past Blogs!](#)

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[The Art of Resolutions](#)

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effective as a regular exercise routine.

We all deal with stress in our lives—due to both minor and major events. Try utilizing some new coping strategies to help you deal with difficult times more effectively.

"Numerous studies have shown exercise provides excellent stress-relieving benefits," says Cedric Bryant, chief exercise physiologist for the American Council on Exercise. "And let's face it, we all could do with less stress in our lives."

How It Works

Exercise causes the brain to release endorphins, opium-like substances that ease pain and produce a sense of comfort and euphoria. It also encourages the nerve cells in the brain to secrete other neurotransmitters, such as serotonin, dopamine, and norepinephrine, which improve mood.

[Read more...](#)

Remember, your Employee Assistance Program is here to help if you maintain your wellbeing and manage stress and anxiety. This includes counseling, self-help tools, wellness coaching, and more. **If you need additional information, or to access services, please call MINES and Associates at 1-800-873-7138 today.** Also, [PersonalAdvantage](#) has a ton of great resources and FREE [webinars](#).

Stress/Health Infographic

[Click here](#) to view and download our stress management infographic.

Question(s) of the Month

What is one way that you may be able to add a daily habit to manage stress? This could be a quick breathing exercise, a short meditation session, engaging with your favorite stress-relieving hobby, or anything else you use to keep your stress levels in check. What's stopping you?

Training Suggestions to Support This Month's Topic

Check out these training suggestions that help support stress management. Use them in a series or by themselves. MINES is always happy to consult on wellbeing and stress related topics and suggest trainings that can help in these areas. Check out our training manual [here](#) to see other training offerings:

1. [Coping with Life Transitions and Change](#)
2. [How to Beat Family Stress](#)
3. [Meditation for Stress Relief](#)

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.

To access past issues of *TotalWellbeing* please visit 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](#).

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