



# February 2022: Family Ties

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*A National Business Psychology Firm*



***“Our most basic instinct is not for survival but for family”  
– Paul Pearsall***

Welcome to the **February 2022 edition of TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we will continue by exploring family bonds and the importance of our personal social support systems.

Family is not, and has never been, easy. Complex histories, strong ties to our personal lives, and familiar emotions all tie us to our families in special and powerful ways. Because of this, family can be a very strong, and unique source of stress that can be anything but simple. This makes family-based stress tough to cope with and get away from. One main strategy to overcome this is through communication. This can be tough too, however, as communicating in an unemotional and constructive way can be all but impossible depending on the family dynamic. This is why it takes practice and patience. Stick with it and you will become an expert at talking with your family and may even be able to get some of your more stubborn family members to come around as well! For more tips on family communication and bonding, check out the tips and resources below.

Please remember that your EAP is here for you if you need to address family issues, communication problems, stress, work/life balance, or just want to talk to someone. You have access to free and confidential counseling, wellness coaching, trainings, unlimited work/life referrals to save you time,

## ***This Month's Focus***

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To your total wellbeing,

The MINES Team

## ***Strengthen Your Family Bond***

When we don't spend time with our family, we fail to nurture the relationships that matter most. Even though work and busy schedules may try to get in the way, it's important that you make building better relationships a priority in your household.

### **Ways to Spend More Time Together**

When a busy day bogs you down, it's easy to forget to spend time with those who are most important. However, by initiating simple routines at home, you can make sure that you take substantial time each day to connect with your loved ones:

- Dedicate the first fifteen minutes after you arrive home from work to check in with your children. Share one good thing and one bad thing that happened during your day, and support each other when needed.
- Make notes on a family calendar about when you will spend private time with each child. "Date night" with mom or dad can become the highlight of the child's week.
- Dedicate an hour after dinner or after your children go to sleep to spend time alone with your spouse.

### **Connect During Family Meetings**

It isn't healthy for any family to hold in aggravations or irritations. Instead, make time for a family meeting each week to talk about what's going on within a family. This would be a great time for children to talk about the way they feel about doing a particular chore, or for parents to share the way they feel about their load of housework. Invite both children and your partner to talk about their feelings openly.

### **Schedule Family Outings and Trips**

Sharing activities are a great way for the family to experience time with one another. Plan enjoyable events like going to a park, museum, camping, or a kayaking trip. If your child participates in extracurricular activities, this can also become a great time for everyone in the family to spend time together watching and supporting them. Afterwards, the whole family can go out to eat or grab ice cream to share stories about the event.

### **Handle an Argument in a Positive Way**

If an argument flares up, use the time constructively. Stick to the issue at hand without bringing up past problems. Work on finding a solution to the problem. Instead of bickering over little annoyances, try to give a little and compromise to help the family move forward.

### **Listen to Differing Perspectives**

Listen openly and sincerely to the other person's perspective and then talk about your feelings on the same issues. Tell the other person that you value his or her feelings and want to understand his or her perspective. This will encourage the other person to do the same for you, and help you find a compromise that benefits everyone.

### **Accept Feelings and Work Toward Solutions**

No matter how trivial an issue seems, value the other person's feelings and opinion of it. Listen to feelings and hurts, and then find ways to work through conflict and find solutions. Agree on solutions, and then implement changes.

Remember, if you or a household member are struggling with family issues, your employee assistance program is here for you. Resources include free and confidential counseling, wellness coaching, trainings, personal development tools, 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**.

## ***Family Demands and Pressures***

Family life can be a major source of stress, but there's a lot you can do to manage it effectively. First of all, you can improve your communication skills. Understand that communication is more than just talking to other people; listening is even more important. You can become a much more effective communicator by learning to be a better listener.

To learn how to improve family communication [click 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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