



January 2021: A Healthier Year

MINES
& ASSOCIATES
A National Business Psychology Firm



“Rowing harder doesn’t help if the boat is headed in the wrong direction.” — Kenichi Ohmae

Happy New Year and welcome to the January 2021 edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. Let’s start the year off on the right foot and talk about some resolutions and wellness related goal setting. Resolutions can seem superficial but having real and concrete goals can help you stay focused and motivated. This is why it is important to set goals that are specific and measurable. Don’t aim for moon! Set goals that you know are in the realm of possibility and then measure your progress. Adjust as you go and if you hit your goal set another; if you fall short readjust and keep going! Use the tips below to help you set your actionable goals and make 2021 a great year for your wellbeing.

As a quick reminder, with MINES you have access to free professional wellness coaching sessions to help you set, track, and reach your wellness goals! Also, your online portal, **PersonalAdvantage**, has helpful articles, tips, and resources on wellbeing, setting goals, and stress management. Please call or log on today for articles, self-help tools, health assessments, and more.

To your total wellbeing,
The MINES Team

Stay Healthy: Practice Prevention

Medical advances and technology can detect diseases earlier than ever before and save lives but making prevention a part of your everyday life is just as important. Follow these tips to help stay mindful of, and safeguard, your wellbeing.

This Month’s Focus

Free Webinar:
[What Stress and Diet Have in Common](#)

MINESblog:
[New to TW? Check out our past Blogs!](#)

[The Art of Resolutions](#)

[National Alzheimer’s Awareness Update](#)

Important Links
[COVID19 Resource Page](#)

[Visit our BLOG](#)
[MINES and Associates](#)

[Current Training Catalog](#)

[Balanced Living Magazine](#)

[LinkedIn](#)

[MINES Archives](#)

Contact Us
[Email MINES](#)

Maintain a Healthy Weight: Being overweight increases your risk for heart disease, diabetes, cancer, and high blood pressure. To stay at a healthy weight, you need to balance the number of calories you eat with the number you burn off in physical activity. You can reach a healthy weight and stay there by eating right and being physically active.

Exercise Most Days: Physical activity can help prevent heart disease, obesity, high blood pressure, diabetes, some cancers, and mental health problems, such as depression. It's a good idea to aim for at least moderate activity, such as brisk walking, bike riding, housecleaning, or playing with your children for 30 to 60 minutes most days of the week. Generally, the more active you are, the better you'll feel today and the healthier you'll become tomorrow.

Stop Smoking: More than 440,000 Americans die each year from smoking and smoking-related causes. Smoking causes illnesses such as cancer, heart and lung disease, stroke, and problems during pregnancy.

Take Medicines Correctly: Always be sure you know important information about a medicine before you take it. This will help you get the full benefit of the drug. It also will help you avoid taking too much or too little, which can be dangerous.

Get Your Shots: You can prevent several serious diseases by getting immunized. Check with your health care provider to be sure you've had immunization for measles-mumps-rubella, tetanus-diphtheria, whooping cough, and influenza. If you are at risk for hepatitis A, B, or C, you should be immunized against them. People older than 65 should be immunized against pneumococcal pneumonia.

Get Checked and Screened: Checkups and screening tests help find diseases or health problems early, when they're easier to treat and cure.

Read more [here](#).

Remember, your Employee Assistance Program is here to help if you maintain your wellbeing and manage your feelings around health concerns or any other stressors life throws your way. 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](#).

The Art of Resolutions

This time of year everyone is thinking of personal Resolutions or writing about making resolutions. How do you choose what is the best resolution for you? And how do you make sure you follow through with whatever resolution you decide on? And with 2021 starting off amidst COVID, how do you achieve your goals and/or resolutions? There are many ways that you can look for, and

choose, your yearly resolutions and there is merit to each way.

S.M.A.R.T. Goals

First, you can set a SMART goal that is specific, measurable, achievable, timely. By having a SMART goal, you are able to track and document your success and you can see where you are struggling. You can also adjust or fine-tune your goal in this model as you need to since you have 5 points of adjustability. What may start as an achievable goal in January may not be achievable in the same way in September.

Wellbeing Focused Goals

You can choose resolutions around one aspect of wellbeing for the whole year or one each month. This means you could make a resolution for the whole year to focus on your financial wellbeing or you could address one of the **eight dimensions of wellbeing** each month, so you have a well-rounded improvement of your wellbeing.

Child-forward Goals

It is important to remember that whatever resolution or goal you come up with, it is essential for it to be beneficial or enjoyable for you so that you want to stick with it. Whether it is a way for you to smile more, connect to others, create something from nothing, or explore a new activity, resolutions only work when you like what you are getting out of them.

Center Your Focus

Whether you choose to label your goals as resolutions or not, and whatever you choose to pursue in 2021, do so with your whole heart, stay focused, let others know your goals and resolutions so they can support you, and remind yourself that there will be ups and downs. Don't be too hard on yourself when you fail. Be accepting of what changes need to happen so that you are able to accomplish your goals even if it isn't to the extent you originally wanted. Focus on what really matters and the rest will fall into place.

MINES is proud to offer wellness training, coaches, and comprehensive wellness tools to help you and your household members reach their wellbeing goals. Feel free to outreach us if you would like a boost to your mental wellbeing or any of the other 8 wellness areas. **Call us at 1-800-873-7138** to see how we can help you achieve your goals and resolutions.

Question(s) of the Month

What is one realistic health or wellness goal you want to achieve this year? What can you do to make sure you achieve this goal? How will you measure progress? How will you handle setbacks?

Training Suggestions to Support This Month's Topic

Check out these training suggestions that help support wellbeing and healthy goal setting. 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. [Change One Habit](#)
2. [Habits of Healthy People](#)
3. [Values – Personal Compass to a Fulfilling Life](#)

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](#).

MINES does not warrant the materials (Audio, Video, Text, Applications, or any other form of media or links) included in this communication have any connection to MINES & Associates, nor does MINES seek to endorse any entity by including these materials in this communication. MINES accepts no liability for the consequences of any actions taken on the basis of the information provided herein, nor any additional content that may be made available through any third-party site. We found them helpful and hope you do too!

To unsubscribe from this monthly newsletter, click [here](#).