



# May 2021: Building Your Community

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



***“If you want to go quickly, go alone. If you want to go far, go together.” –African Proverb***

Welcome to the May 2021 edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we will cover community building and communicating with others. We will focus on why building relationships with others and maintaining friendships can help you lead better and more fulfilling lives.

Building and maintaining relationships can be tough and requires time and effort. Sometimes it can be tricky to find time in our lives to nurture the relationships in our lives. However, it is important to make it a priority and to find time for others. When you can't, it's still important to communicate with our loved ones so they know why we may be out of touch or not able to talk or spend time with them. This is especially relevant during this time where we have had to be socially distant and have not had the face-to-face opportunities that we are used to. A little can go a long way though which is why it's crucial to make time every week to do simple things like send a text or hop on a video call for 5 minutes just to check in and say hi to those we care about.

Please remember that your EAP is here for you if you are feeling isolated or alone during these tough times. You have access to free and confidential counseling to help you build your resilience or if you just need someone to talk to. You can also access wellness coaching, work/life balance tools, and more. Plus, an online resource library full of proactive self-help tools! Visit

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

### ***Free Webinar:***

[Healthy Connections](#)

### ***MINESblog:***

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

[COVID 1-Year Later](#)

### ***Important Links***

[COVID19 Resource Page](#)

[Visit our BLOG](#)

[MINES and Associates](#)

[Current Training Catalog](#)

[Balanced Living Magazine](#)

[LinkedIn](#)

[MINES Archives](#)

***Contact Us***

[Email MINES](#)

[PersonalAdvantage](#) for helpful articles, stress management tools, mindfulness exercises, and more!

To your total wellbeing,

The MINES Team

### ***Friends Are Good for Your Health***

Everybody needs friends, but not everybody knows how to make friends and keep them. Demands from job and family can leave many people with little energy for bringing new people into their lives or for nurturing the relationships they already have. But friends are important to your health.

"Research has shown that people who do not have strong support from friends and family live shorter lives and suffer more from stress," says Cheryl A. Richey, Ph.D., professor of social work at the University of Washington. "Support from friends can give people the strength to make positive changes in their lives, such as staying away from drugs or leaving an abusive relationship."

Some people may find it difficult to make friends because they lack the skills needed to interact effectively with other people and build supportive social contacts. People are not born with these skills; they need to learn them.

[Read more...](#)

Remember, if you or a household member need support around social connectedness and wellbeing, your employee assistance program is here for you. Resources include free and confidential counseling, self-help tools, trainings, work/life balance 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](#).

### ***Keys to Effective Communication***

In order to connect with people and help them understand where you're coming from, you have to do more than just state your point.

Communication is complex and often learning how to communicate effectively requires practice and skill. Fortunately, there are specific things that you can do to build your communication toolbox; follow the suggestions below to learn some of the key techniques.

***Create an Atmosphere of Trust***

- When speaking in a group, show others that you are a good communicator. Listen openly to each person; this will show people that you won't embarrass them or twist their words.
- Try to avoid judgment or unnecessary criticism. If you do have to provide criticism, make it constructive.
- Give praise and positive feedback.

**Get Your Thoughts Together**

- Do research beforehand. Create notes, know the pros and cons of what you are presenting, and do your homework on the subject.
- If necessary, use visual tools or documents that can help your audience understand.
- Be specific, accurate, and honest about the subject.

**Adjust to Your Audience**

- Consider what the other person already knows.
- If you reach a point where communicating becomes difficult, try to keep communication lines open so everyone can come to a level of understanding.
- Try not to use jargon or terms that are too technical; only use language that your listeners can understand.
- Pick an appropriate place to talk. If the subject is personal, pick a private place.

**Invite Feedback**

- Ask your listener what he thinks of a subject, how he just interpreted what was said, and how he feels about the issue. Invite feedback, constructive criticism, and ask about the pros and the cons of the idea at stake.

**Use Appropriate Tones of Voice and Body Language**

- Adjust tone and body language as needed, as these two things can actually influence what the listener hears.
- Note if you sound urgent, hesitant, angry, pleased, calm, or belligerent. Only use tones that are appropriate.
- Check your body language. If you are avoiding eye contact, crossing your arms, fidgeting, or leaning in too close to the listener, you may not be sending an effective message.

***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](#).