



November 2022: Mindset for Success



SUCCESS

“A wise person should have money in their head, but never in their heart.” – Jonathan Swift

Welcome to the **November 2022 edition of TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we will focus on optimism and getting in the mindset for success.

It is easy to let ourselves get a bit pessimistic or cynical when something bad happens. It's not so easy to get into a happy mindset, even when something good happens. This can be tricky and can impact our confidence and motivation in a negative way and can often lead to snowballing of negative emotions. But the opposite is possible too. By learning to be more optimistic and be able to visualize success, we can actually put ourselves on a course for success just by how we think about it. To help with this, see the resources below.

November is also Alzheimer's awareness month. Whether you are a caregiver, know someone in your life that is, or know someone suffering from Alzheimer's or dementia, this is an important time of the year for us all. As one of the leading causes of death in the world, Alzheimer's is a disease we are trying to find a solution for. Each year we get a little closer and unlock more of the puzzle. In the meantime, though there are resources out there for those that need them. Check out our latest blog post for our annual [Alzheimer's Awareness update here](#).

Remember that your EAP is here for you if you need to address motivation, personal wellness goals, or just need to talk to someone. You have access to free and confidential counseling, wellness coaching, trainings, unlimited

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To your total wellbeing,
The MINES Team

Change Your Attitude to Accomplish More

When things go wrong, it doesn't have to ruin your day. In fact, with the right outlook, you can prevent many problems from ever happening.

When mistakes occur or something goes wrong, "remember that you're the person who controls your reactions," says Ed Foreman, a motivational speaker and president of Executive Development Systems in Dallas. "Don't let the weather, your spouse, or your boss take that control away from you."

Choose to maintain a positive attitude. "Bring a proactive approach to situations, don't just react to things after they've happened," he says. "Decide how you would like them to turn out."

Set high expectations upfront. "Instead of wondering what might go wrong, start looking for things to go right. Our thoughts are self-fulfilling, so chances are you will get the result you expect," says Mr. Foreman.

A positive outlook contributes to a less stressful, more healthful lifestyle, he says. Anger, fear, and other stressful emotions are associated with many health problems, from depression to high blood pressure, heart disease, and the common cold. But feeling good about yourself and others helps prevent mental anguish and physical problems.

Being upbeat also contributes to more pleasant personal relationships. "Take an honest look at your attitude, then ask yourself, 'Would I like to work with this person? Would I like being married to me?' If you answer no, it's time to change your attitude and behavior," says Mr. Foreman.

Start with a smile

Start building a positive attitude as soon as you open your eyes each morning. "Instead of dragging yourself out of bed and off to work in a big rush, start each day with a positive, healthful routine," Mr. Foreman says.

To do that, he suggests you:

- Get up early so you don't have to rush.
- Tune into positive messages. If the morning news depresses you, listen to a motivational cassette or read an upbeat, fun book.
- Eat a healthy breakfast.

- Exercise. Refresh your body and spirit with a brisk walk or other aerobic activity.
- Leave home early. Allow enough time for your commute -- and then some.

Put yourself in charge

"On the job, an individual with a positive attitude is more likely to achieve good results. The next time there is an important assignment or a promotion, that person is likely to get it," Mr. Foreman says.

Here are his strategies for achieving a positive attitude at work:

- Plan your day and your future. Work to achieve real goals, not just finish tasks.
- Greet people with a smile. Studies have found that smiling makes you feel better.
- Avoid excuses; they just make the other person angrier. But "I'm sorry" and "I'll take care of it" work wonders.
- Give sincere appreciation. Your co-workers deserve to know when they've done something well -- and they will return the compliment.
- Listen more and talk less. Listening to another person is one of the best compliments you can give.
- Alternate work and rest periods. Take time out to refresh yourself with a walk, stretches, or other moderate exercise.
- Don't complain. Grumbling focuses attention on what's wrong, not what's right, and creates a negative atmosphere.
- Learn from your mistakes. Instead of getting upset, ask, "How can I correct the situation?"
- Make room for humor. Make it cheerful, not offensive.
- Review your accomplishments at the end of the day. Even small contributions make a difference.
- Go home early enough to spend time with family or friends. Relax and get a good night's sleep.

Please remember that your EAP is here for you if you need to talk to someone about these topics or anything else. You have access to free and confidential financial coaching, free telephonic financial consults, wellness coaching and more. Plus, an online resource library full of proactive self-help tools! **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](#).

7 Ways to Develop a Mindset for Financial Success

A money mindset is an overarching attitude that you have about your finances. It guides your everyday financial decisions, and it can have a big impact on your ability to achieve your goals.

The way to achieve stability and increase wealth may all come down to a healthy attitude toward money. When it comes to your finances, positive thinking really does matter. To create an optimistic financial mindset:

1. **Look for opportunities instead of seeing roadblocks** - Recognize that each financial situation is temporary and fixable. They are not always easy to see but there are solutions to every financial issue. It usually just takes time and small changes to get even the toughest financial situation back on track.
2. **See the value of asking for help instead of struggling silently. Utilize Mines' Employee Assistance Program (EAP) financial counseling benefits for free help.** Your EAP can connect you with a financial counselor to coach you to get your finances in order. The financial coach can work with you to create a personalized plan outlining steps to get ahead such as establishing an emergency fund, paying down debt, boosting your credit score, and maximizing your retirement plan contributions.
3. **Create a money mantra and repeat it often.** Make it positive, financially based, and simple, such as:
 - I am debt-free and financially stable.
 - There is always more than enough money in my life.
 - I have a positive relationship with money and know how to spend it wisely.
4. **Accept that even small steps create progress.** Make one small change at a time such as finding small ways to spend less. Cancel subscriptions you don't use, and compare pricing on cell phone plans, insurance, and other service packages. These small changes will help build momentum and change your mindset with actions that bring you closer to success.
5. **Address finances head-on.** Don't ignore financial statements, late notices, and bills because of fear. Call your creditors and talk with them before late charges and other fees are piled on. The sooner you address the issue, the more solutions you will have.
6. **Spend money intentionally and focus on a financial balance.** Spend money on only the things and people that you value most. Set priorities for your spending by cutting out those expenses that aren't important to you. If having coffee with friends gives you joy, then keep going out for coffee. Find something that provides less enjoyment to cut back on.
7. **Take it one goal at a time.** What's measured improves. If your first priority is to pay your credit card off, put it in writing and/or

tell your friends about your goal. You can even write your balance on a large piece of paper and post it on your refrigerator and every time you make a payment, take pleasure in your progress by crossing out the old balance and writing in the new, lower balance.

Improving your financial mindset can bring you closer to financial success. If you would like assistance, contact Mines for free financial coaching. Michelle Vullo, is an Accredited Financial Counselor with Enrich Finance. She provides free financial counseling sessions for employees eligible for MINES and Associates' EAP services. Call MINES at (800) 873-7138 or visit [online](#) and request sessions with Michelle at Enrich.

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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