



February 2018:
The Relationship Between
Nutrition and Environmental Wellbeing



For 2018, we at MINES wanted to find a new way to promote the [8 areas of wellbeing](#). In order to do this, we decided to switch up our monthly communication into areas that you can copy and send out to your employees or give you suggestions around trainings that relate to this wellbeing topic. We also want to continue on from last year's emphasis on the community and look at how what we do can affect those around us and that affects your community, your state, and even other countries.

To your total wellbeing,
The MINES Team

How Nutrition Affects Your Environmental Wellbeing

Your environment involves everything around you. This includes your home environment from what food you have around your home to the expectations you have for those you live with. What better time than now to look at how you can improve your environmental wellbeing by looking at your food habits and how that impacts your family, your health, and your overall wellbeing. Take this month to examine how to incorporate healthy foods into your family dinners, look up great recipes on [Personal Advantage](#) if you have it, or use your [wellness sessions](#) through MINES to speak to a coach. If you surround yourself with unhealthy food and temptations, it only makes it harder to help your whole family stay healthy.

MINES also offers Wellness Sessions if you have EAP benefits with us so call us and see how you can access these. Personal Advantage has some great [tools](#) and [webinars](#) this month to improve your Nutrition Know How and Environmental Wellbeing or check out our ["Nutrition Tune-up" infographic](#).

Question of the Month

What "toxins" (unhealthy temptations) can you remove from your environment to help support your nutrition goals?

Quote of the Month

**"Certain things catch your eye,
but pursue only those that
capture your heart."
– American Indian Proverb**

Training Suggestions

Check out these financial training suggestions MINES would be happy to help put on for your company. Use them in a series or by themselves. Check out our training manual [here](#) to see other training offerings:

This Month's Focus

[Check out this month's webinar on Nutrition](#)

Check out MINES blogs last month:

- [Don't Feed the Trolls](#)

Check out this Month's Infographic

Important Links

[Visit our BLOG](#)

[MINES and Associates](#)

[2018 Training Catalog](#)

[Balanced Living Magazine](#)

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| | <ol style="list-style-type: none"> 1. Ask a Nutritionist 2. Eating Healthy on a Tight Budget 3. Label Lingo- What does this mean? | |
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MINES Updates/Community World View

Nutrition can cover a lot of ground – from eating healthy and what type of processed products are ok, to what your individual body needs or, on the flip side, can't tolerate. If you have knowledge around a certain area of nutrition, why not share that knowledge in a community group or help those who may be dealing with the same health concerns? Take this month to share your knowledge around nutrition with someone else and see what you can learn from them as well. You might find a new favorite, healthier recipe, or you might learn why you are not feeling great after you eat a certain food. Each community has a vast array of cultures and backgrounds so this is a great time to look at other culture's food prep and choice ingredients to see what you can learn about how others may look at nutrition.

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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