



July 2018: Social Media, Family, and Your Intellectual Wellbeing



Welcome to the July edition of *TotalWellbeing*, your guide to the **8 dimensions of wellbeing**. This month we are going to take a look at intellectual wellbeing with a focus on social media and your family. If you missed us last month you can catch up on our [newsletters page](#). As we make it through the year we will continue to emphasize the concept of community and look at how our actions affect our community, country, and in some cases the rest of the world.

To your total wellbeing,
The MINES Team

The impact of social media on your family and intellectual wellbeing

Social media is a key part of our culture, our expression, and our connectivity. From using social media as a platform for expressing opinions to sharing pictures with family and friends, social media has many applications. Your intellectual wellbeing can be improved by social media by giving you access to information and topics of interest to you. It also allows you to look at things differently and to explore topics that pique your interest you may not have investigated otherwise. Using social media with your family allows you to connect in different ways, stay close if you are far apart, and to keep up with their new adventures or read about their experiences. It is also important to remember that Social Media can impact your intellectual wellbeing negatively. As we have been reminded in the last several months, your preferences are tracked throughout social media and the articles you choose to read may influence the other articles that show up in your news feed or advertisements in your apps. This can help shift your perspective one way or another and unless you are vigilant to check out information outside of your readily available feed to find out the whole story. It is also important to take time away from social media or using the internet to engage in good old-fashioned face to face time with your friends and family members. Don't forget that these people in your life can engage your intellect as well. Learn new and amazing things from the children in your life. They can have a fresh perspective or may be studying something new and cool in school they can share. Or take advantage of one of the most popular knowledge sharing methods of human history and tap into the vast life experience of your older family members. It doesn't always have to be about shares and likes!

If you would like to talk to a counselor about these topics, please call us at 1-800-873-7138 to get connected right away. Also, [PersonalAdvantage](#) has some great [tools](#) and [webinars](#) this month to improve your knowledge around dealing with stress and maximizing your life by reducing worry. For more be sure to check out

This Month's Focus

[Check out this month's webinar on Harnessing the Power of Social Media](#)

MINESblog

Review:

[Foster Families and Mental Health](#)

[John Oliver: Rehab, Last Week Tonight Psychology of Performance](#)

Check out this Month's Infographic

Important Links

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[MINES and Associates](#)

[2018 Training Catalog](#)

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our “Internet Mindfulness” infographic .	
<p>Question of the Month</p> <p>When was the last time you asked a family member how they would handle a situation?</p>	
<p>Quote of the Month</p>	<p>Training Suggestions</p>
<p>“Either write something worth reading or do something worth writing.” – Benjamin Franklin</p>	<p>Check out these training suggestions that may help your organization with Intellectual Wellbeing. 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:</p> <ol style="list-style-type: none"> 1. Appreciative Inquiry 2. EQ vs. IQ: The Emotional Intelligence Advantage 3. Personal Safety
<p>MINES Updates/Community World View</p> <p>There is so much knowledge that each culture and community has to share, from tricks to make the best pasta to how to clean off stains from clothing, to traditions around how to engage your family. Take time this month to talk to a co-worker, friend, or family member and see what you can learn from them to help improve your intellectual wellbeing and what tidbits you can impart on them as well.</p>	
<p><i>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.</i></p>	
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