



November 2018: Physical Wellbeing, Happiness, and Your Workplace



Welcome to the November edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. The focus this month will be on the importance of your physical wellbeing and how to maintain good physical health and happiness while at your workplace. We will look at ways to focus on your health while at the workplace as well as the role that your employer plays in providing resources that you can utilize to reach your goals. This month is also Alzheimer's Awareness Month. This is an important topic for all of us because the prevalence of Alzheimer's means that almost everyone has someone in their life impacted by this disease at some point in their lives. Whether you are a caretaker, suffer from a form of dementia yourself, or know someone who is, take a look at our [latest blog post here](#) for updated information and resources that may help you or someone you know.

If you missed us last month you can catch up on our [newsletters page](#). As a reminder, 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 our everyday life. As we near the end of 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

Physical Wellbeing and Your Workplace

Physical wellbeing can be closely tied to your workplace. If you have a job where you are very active such as a construction type job or a job that keeps you on your feet all day then your job likely supports your physical wellbeing. However, if you have a job that requires long periods of sitting or requires strenuous positions or activity like getting into crawl spaces, or lots of repetitive motion, your physical wellbeing may suffer as a result of your work. If that is the case make sure you are being mindful and taking time out of your day to get up and stretch or are taking the necessary precautions to protect yourself from harm such as proper lifting techniques, back supports, knee pads, ergonomic workstations, or whatever it is that your particular job requires to lessen the impact on your body. If an opportunity to do these things is not available please make sure to ask your employer what can be done to provide you with the time, space, and resources to protect your physical wellbeing, in a reasonable way, while at work.

This Month's Focus

[Check out this month's webinar: 5 Generations in 1 Workplace](#)

MINESblog:
[Alzheimer's Awareness Month Update](#)

[Check out this Month's Infographic](#)

Important Links

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If you would like to talk to a counselor or wellness coach about these topics, please call us at 1-800-873-7138 to get connected right away. Also, [PersonalAdvantage](#) has some great [Happiness at Work tips](#) and [webinars](#) this month to focus on your wellbeing while also being productive at work. For more be sure to check out our [“Assertiveness in the Workplace” infographic](#).

Question of the Month

What do you feel your limitations are in maintaining your physical wellbeing at work, and how might your co-workers and employer help you overcome these obstacles?

Quote of the Month

“If you spend too much time thinking about a thing, you’ll never get it done. Make at least one definite move daily toward your goal.”
– Bruce Lee

Training Suggestions

Check out these training suggestions that may help your organization with Physical 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:

1. [10 Foods to Eat Everyday - And a Few To Avoid](#)
2. [Active Ergonomics 101](#)
3. [Fall into Fitness](#)

Community and Global Perspective

The daily commute to work is something most people throughout the world do and represents a distinct connection between the workplace and physical wellbeing. How people get to work directly affects their health. People who walk or bike to work or take public transit that requires walking to a bus stop or train station, tend to be in better physical health than those who drive or work from home with no commute. So how can those of us who must drive get the same benefit as those who have a more labor-intensive journey each day? Try changing up your routine and try biking once a week or more to work. Too far to bike? Try parking farther away from your workplace to give yourself a little walk time. Not only can this be a great chance to get your heart rate up, it can give you time to practice some mindfulness exercises to mentally prepare for the day, or even destress with some mindful walking and breathing exercises after a busy day. Looking for other ways to enhance your Physical wellbeing but need motivation? Try looking for community support. Join a fun run or participate in national bike to work day with co-workers. Try organizing workout groups with friends and family or look online for community events.

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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