



April 2015: Be Aware of Your Intellectual Wellbeing



Wellness through Awareness!

Welcome to the April issue of *TotalWellbeing*! This month we've got our eyes on Intellectual Wellbeing. As with most of the areas of wellbeing we talk about, intellectual wellbeing is something that you cultivate and nurture throughout your entire life, constantly building on new ideas, experiences, and ways of thought. Practice makes perfect and intelligence is no exception. In order to expand your knowledge and nurture your brain, you have to step out of your comfort zone and seek out new ideas and fresh experiences. To explore this dimension more closely please read ***The Path***, below.

Swing on over to the [MINES blog](#) to check out our latest post by Dr. Robert Mines which takes a look at [incivility and bullying in the workplace](#). We can't stress enough about the importance of creating a comfortable, trusting work environment where people feel safe. When employees have to work in fear of being bullied or discriminated against it is not only toxic to the company's productivity, but the employees' mental and physical wellbeing is also at risk.

Don't forget to check out the links to the left with important resources such as our [blog](#) and [LinkedIn showcase pages](#) to make sure you don't miss anything.

To your total wellbeing,
The MINES Team

Important Links

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THE PATH

Intellectual wellbeing is something that you must use or lose. The brain is just like any other part of your body, if you fail to use it then it will atrophy. Intelligence is critical to understanding your place in the world, and making the world we live in a better place for all. So to truly nurture your intellect, you owe it to yourself to constantly seek out knowledge and be open to new ideas. Studying various subjects, talking to new people, learning a new language or instrument, and going out and seeing new places are all great ways to gain insight and shine a light on the corners of your brain that were once dark.

Intellectual Wellbeing resources:

Check out what the neuroscience department of Macalester College has to say about the various types of intelligence and left vs. right brain interaction!

[Read Article Here](#)

Jumpstart your own pursuit of knowledge with some tips from Wikihow.com on how to boost brain activity with everyday activities!

[Read Tips](#)

NEW! CHAKRA TO YOUR SENSES NEW!

Many cultures believe in Chakras (shock-ras) which are, simply put, energy centers in your body that govern various aspects of your physiology. We will stay away from the spiritual aspects of these and instead focus on the concept behind them to bring you more ways to nurture your body as well as mind. [Click here](#) to see a complete list of the 7 chakras and their properties.

Chakras to nurture this month: Root and Solar Plexus Chakras

In order to support your financial wellbeing it will be important to be aware of and nurture your Root and Solar Plexus Chakras. Located in the base of your spine and your belly respectively, the Root and Solar Plexus are your centers for willpower, motivation, survival, as well as stability, making these centers ideal for trusting your gut, keeping focused, and having the will to remain frugal with your

spending. This one's basically about good decision-making, so nurture these chakras by getting plenty of sleep, avoiding excessive alcohol consumption, and reaching out to people you trust. Now get out there, have fun, and be well!

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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