

SUMMER 2024

Balanced Living

7 Tips: Talking Mental Health with Your Child pp. 6-7

Move Your Mind pp. 8-9



...Also In this issue...

The Different Types of Stress

Save Dough When You Go

MINES Eye: 7 Family Mindfulness Ideas

A word from your Employee Assistance Program...

Welcome to the joyful and invigorating summer edition of our BalancedLiving!

To help you charge head first into summer, we have a selection of resources centered around understanding stress, saving money when traveling, discussing mental health with children, staying active to benefit your brain, family mindfulness and more!

We invite you to dive in on page 4 and discover an insightful article that explores the different types of stress and how to manage them effectively. Turn to page 5 for practical tips on saving money while traveling, ensuring your summer adventures are both fun and affordable. On page 6, find 7 essential tips on how to discuss mental health with your child, fostering open and supportive communication. Page 8 features an article on the profound benefits of exercise on mental health, highlighting ways to stay active for a healthier mind. For some quality family time, page 10 offers seven mindfulness ideas to practice together. And don't miss the delicious recipe for a summertime chopped orzo salad on page 11, perfect for your seasonal gatherings. Enjoy!

Remember your Employee Assistance Program is available 24/7 at 1-800-873-7138 to help you with issues in your life that may be going on this summer, or anytime of the year.

To your health!

- The MINES Team

BalancedLiving SUMMER 2024

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7 Tips: Discussing Mental Health with Your Child pp. 6-7

Move Your Mind pp. 8-9

MINES Eye: 7 Family Mindfulness Ideas pg. 10

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Recipe: Summery Chopped Orzo Salad pg. 11



Total Wellbeing

2024

Total Wellbeing is our way of connecting the 8 core dimensions of wellness: Physical, Occupational, Intellectual, Environmental, Financial, Social, Spiritual, and Emotional Wellness to everyday life through regular communications, educational opportunities, and resources designed to equip individuals with helpful and practical knowledge. These tools can be used everyday to strengthen resilience, increase wellbeing, and improve work/life balance.

MINES' *Total Wellbeing* communications not only provide helpful resources, but also serve as a way to increase engagement with the Employee Assistance Program. We encourage anyone to email us directly with questions or needs around wellness topics, comment on our blog or social media posts to let us know their thoughts and what they'd like to see more of, and of course to let us know if there are additional ways we can help in any way possible.

Total Wellbeing communications include:

Monthly Newsletter

Your Monthly Guide to Wellbeing

Every month MINES sends our *Total Wellbeing* newsletter that includes informative articles and helpful tips on a rotating wellness topic. This newsletter acts as a hub for all *Total Wellbeing* communications as it always includes links to our website, online resource library, blog, and social media streams, as well as offers a way for employees and members to get in touch directly via email.

Wellness Publications

Your Quarterly Resources

Every quarter, MINES releases two publications; *BalancedLiving* and *Leadership*. *BalancedLiving* is a wellness resource designed for anyone looking to balance work, family, and personal time to enhance their wellbeing. We tackle topics like stress, nutrition, fitness, communication, personal development, family issues, safety, and more. *Leadership* collects resources on leadership specific skills and challenges including workplace policy, team building, productivity, morale, conflict management, and more to help address issues that face leadership every day.

Website

Your Hub for All Things MINES

Our website (www.minesandassociates.com) connects all our resources and communications in one place. Access our blog, newsletter archives, current wellness publications, social channels, service overviews, and access services by completing an online digital intake today!

MINESBlog

Updates and Resources from the MINES Team

Our blog features wellness resources, articles on current events, insightful stories, and great wellbeing ideas to help inspire one's own creative mindset around wellbeing. It also offers a way for employees and members to communicate on these topics through comments or tell us about other topics they would like to learn more about.

Social Channels

News, Updates, and Perspective

Follow our channels to get helpful updates, links, and info, or to send us messages or feedback on what you want to see more of!

Twitter: [@MINES_bh](https://twitter.com/MINES_bh)

LinkedIn: www.linkedin.com/company/mines-and-associates

Facebook: [@minesBH](https://www.facebook.com/minesBH)

Is there a topic you'd like to see us explore? We'd love to hear from you.

Shoot us an e-mail at communications@minesandassociates.com and let us know what you'd like to see.





The Different Kinds of Stress

Stress management is complicated and confusing because there are different types of stress--acute stress, episodic acute stress, chronic stress, and traumatic stress--each with its own characteristics, symptoms, time course, and treatment approaches.

Acute Stress

Acute stress is the most common form of stress. It comes from demands and pressures of the recent past and anticipated demands and pressures of the near future. Acute stress is thrilling and exciting in small doses but too much is exhausting. A fast run down a challenging ski slope, for example, is exhilarating early in the day. That same ski run late in the day is taxing and wearing. Skiing beyond your limits can lead to falls and broken bones. By the same token, overdoing on short-term stress can lead to psychological distress, tension headaches, upset stomach, and other symptoms.

Episodic Acute Stress

Episodic Acute Stress occurs in people who suffer acute stress frequently, whose lives are so out of control they are studies in chaos and crisis. They're always in a rush, but always late. If something can go wrong, it does. They take on too much, have too many irons in the fire, and can't organize the slew of self-inflicted demands and pressures clamoring for their attention.

Chronic Acute Stress

Some people's personalities seem to set them up for Chronic Acute Stress. If the descriptions describe what you're doing to yourself, think about how you can make some personal changes to get your life back under control. You might even want to think about contacting your EAP program for a referral to a professional who can help you make some of the changes you might like to make.

Traumatic Stress

Traumatic Stress, if not handled properly at the outset, overpowering trauma--accidents, rape, verbal, physical, psychological, or sexual abuse, being in the presence of extreme violence, a brush with death, natural disasters (hurricanes, earthquakes, floods, landslides), death of a loved one, imprisonment,--can become a special kind of chronic stress known as post traumatic stress disorder (PTSD). **M**



Save Dough When You Go

Camera, sunscreen, golf clubs, a good book; when it comes to vacation necessities do not forget to bring along your wise spending habits. They will not take up any room in your suitcase and even better, they might just result in a richer yet less expensive vacation experience.

According to experts from the Financial Planning Association in Denver, Colo., making the effort to stretch your vacation dollar may give you more options on your trip to relax while seeing and doing more. Individuals may even be able to stretch your vacation a little longer than originally planned. All you really need is a nose for finding deals (access to the Internet helps, but is not essential). Here are some tips for uncovering the best deals:

- Hunt online. Sites such as Groupon, Living Social, entertainment.com, halfoffdeals.com and restaurant.com can save you money on meals, activities, services, sightseeing and amusements specific to the area you are visiting, said Amy Hoffman, CFP® at Advisors Financial, Inc., in Falls Church, Va.
- Scour kiosks and displays. Visitor's bureaus, tourist information centers, even hotels and restaurants, have racks full of discount flyers, coupons and info on special deals.
- Take advantage of the eat-in option. You can run up quite a tab eating out three times a day. So if you are staying in a rental property with a kitchen, or a hotel/motel with an in-room fridge, microwave or kitchenette, make a point of preparing at least some simple meals.
- Pounce on meal deals. Many hotels/motels offer free breakfast. Also look for 2-for-1 and kids-eat-free deals at local restaurants.
- Pick up a discount card from a local grocery store. Whether for meals or just for snacks, buying groceries with a discount card can provide significant savings.
- Use the discount grocery card to buy supplies for a picnic you pack for your day's destination, whether it is a beach, park, or local attraction.
- Use public transportation instead of renting a car. Vehicle rental and parking can be really pricey, especially in cities and during high vacation season. Check with the transit authority in the area you are staying to see about short-term passes that provide unlimited transit ridership.
- If you are traveling by air, check in early by computer and prepay the baggage fee for the return flight. It can be cheaper that way. **M**



7 Tips: Discussing Mental Health with Your Child

According to the CDC, 1 in 6 children in the U.S. is diagnosed with a mental illness. It's becoming more and more important for parents to know how to talk about mental health issues with their children. Understandably, it can be difficult to know how to have these conversations. But when you open these conversations, you let your child know that it's okay to talk about mental health – it's not something to feel ashamed of or have to hide. Here are 7 tips on how to start a conversation about mental health with your child – including language you can borrow and analogies you can use.

Focus on emotions

It can be helpful to open these conversations by talking about emotions. Even if your child doesn't yet understand mental health, they do understand emotions. Their emotional vocabulary will typically depend on their developmental level. As they grow, children can understand more and more complex emotions; what they understood simply as "sadness" when they were younger can expand into "grief," "disappointment," "brokenheartedness," and more.

You can describe common mental health problems using emotions that your child understands. For example, you could explain, "Depression is when someone feels very sad and lonely, and that feeling doesn't go away for a long time." or, "People with anxiety feel scared and nervous, even when there's nothing truly dangerous to be afraid of."

Make analogies to physical health

Even when children have never heard of mental health, they tend to understand the concept of physical health; they've seen their pediatrician, gotten their vaccines, and probably experienced at least minor physical illnesses like the common cold. You can use this in an analogy to help younger children understand more about mental health.

Try saying something like,

"Do you remember when we went to see your pediatrician when you were throwing up and had a fever? Sometimes, we might go to another type of doctor because our brains and feelings are sick. We might feel really sad or really scared. Sometimes, these feelings don't go away on their own and we need to see a doctor. These feelings doctors are called therapists or psychologists. They help people feel better in their mind, just like when your pediatrician gave you the medicine."

Respect their boundaries

For some children, discussing mental health can be overwhelming, especially if they or a family member are struggling with it. Teens, in particular, might be reluctant to talk.

Respect your child's boundaries; forcing the conversation can make them shut down. Let them know you're there to listen whenever they're ready.

If you're worried about their mental health and they won't talk, express your concern gently. You might say, "I think something might be going on, and I'm here to listen. I know this is hard to talk about, but I'm here to support you without judgment."

Share your own emotional experiences

Talking about your own emotions can help normalize these conversations. This doesn't mean that you should break boundaries and lean on your child for support while you're going through a mental health crisis. But regularly naming your emotions can help your child understand that mental health is on a spectrum. No one is always "happy" or always "sad."

For example, perhaps your family pet has died. If your child has been acting out or showing some signs of irritability, it could be that they don't know how else to express their grief. You could say something like, "I miss our pet a lot. I feel really sad about it. It's called grief, and it's normal to feel like this when someone you love dies or goes away. How are you feeling about our pet?"

Validate their feelings

When your child shares emotions or mental health symptoms, take them seriously and validate their feelings. Adults often downplay children's concerns, unintentionally judging them. Resist the urge to dismiss or minimize their experiences, even if they seem trivial to you. Instead, provide support and validation to help your child feel understood and supported, especially when they're struggling.

You can use phrases like:

- That sounds so painful.
- This must be really hard.
- I can see that this is really important to you.
- I can see that you're hurting.
- Let them know it's not their fault

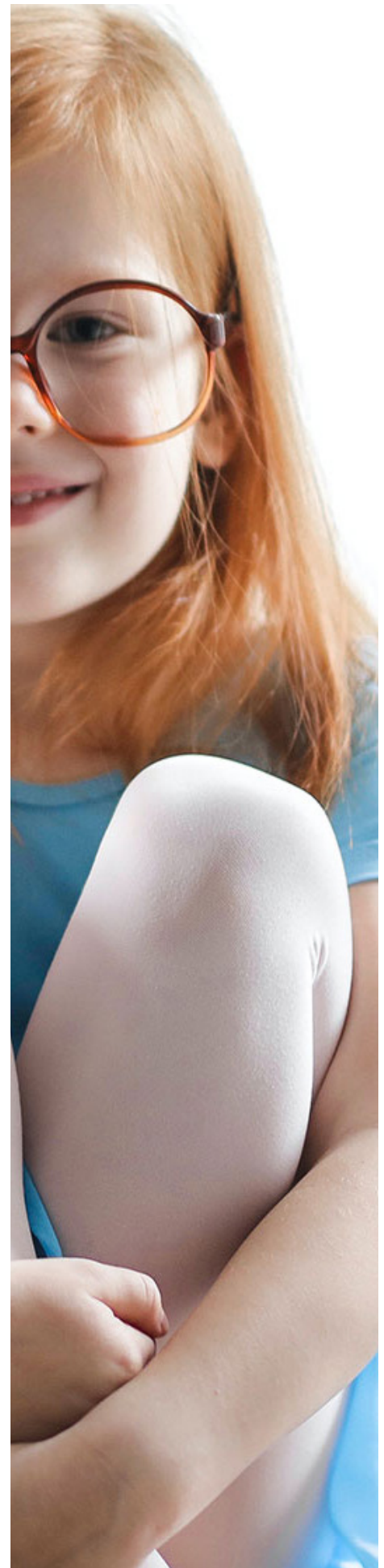
Whether it's your child or another family member facing a mental health issue, your child needs to know it's not their fault. Children may blame themselves for a crisis, especially if they don't understand it. Make it clear that whatever's happening is not their fault.

If your child is experiencing any mental health concerns in their life, seek to normalize it for them. You can say, "Just like people get the flu, we can also get sick in other ways. You have a sickness that makes you feel scared and nervous, but you'll get better. It's not your fault, and we'll get through it together."

If someone else in your family is experiencing mental illness, decide how much detail is appropriate to reveal. Hiding it may be ineffective—your child may sense something is wrong. The important thing is to communicate that it's not their fault. For example, say, "Dad is going through a hard time. He has a sickness that makes him feel sad sometimes. He needs rest and help from his doctor. None of this is your fault."

Open conversations and keep them open. Don't wait for your child to come to you. Open the conversation in a safe and non-judgmental way. Keep revisiting the topic, checking in, and answering their questions. Let your child know it's always okay to talk about their mental health and that you're there to support them.

Our EAP offers 24/7 confidential counseling and parent coaching. If you or your child need support, contact us or check out your digital services. We're here to help you and your family. [M](#)



Move for Your Mind

May is Mental Health Awareness AND Sports and Physical Activity Month. How appropriate that the two are celebrated together as movement is one of the most effective tools for supporting and enhancing mental wellbeing. What's truly incredible is, that no matter what you do, your brain will benefit. Come along as I show you all the ways you can move for your mind.

1. Cardio Exercise

The brain needs oxygen and nutrition to develop and perform at an optimal level. Elevating heart rate is a great way to increase blood flow, delivering an abundance of valuable resources. The endorphins released act as natural pain relievers and promote a sense of calm. An influx of dopamine and serotonin helps regulate mood and you will likely experience enhanced overall emotional well-being and feel more capable of handling life's challenges.

Walk, wiggle, jog, jump, hike, bike, scramble or skip—proceed with your preference. As long as the heart rate is elevated your noggin will be nourished!

2. Strength Training

Do you struggle to lift or carry things and worry that you will injure yourself? Do you dread a particular activity because it is physically difficult? Are you missing out on adventure because you don't have the strength to accomplish or enjoy it?

From daily tasks to life experiences, our confidence and capabilities are perpetually impacting our mental and emotional well-being. Physical strength opens up a world of possibilities to lead a full and fulfilling life.

The work to become physically strong also offers mental health benefits. Each time you choose to challenge your muscles, you are proving you can do hard things. The discipline of consistency is a trait that governs the path to success in all areas of life. The pride you develop builds confidence and self-esteem.

Life is easier and more enjoyable when you are strong. Lift some heavy things and watch yourself flourish.

3. Yoga

The mental health benefits of this mind-body practice have been touted for decades. In addition to resetting the nervous system from high alert to peaceful calm, the brain training going on is literally changing your mind. Each time your thoughts drift off the mat, you gently coax your attention back, building the skill to redirect your focus. As you manage a full schedule of daily to-dos a wandering mind is often not helpful. Your awareness and the ability to be present is not only useful for productivity (which makes us feel good) but shifting out of the past or future also squashes a cortisol release.

Find a class or scout out a video, bring your mind to the mat, and soothe your soul. Devote to the practice and see yourself soar.



4. Choreographed Activities

Tai-Chi, dance routines, martial arts—any activity that requires instruction, memory, and multi-system coordination offers a well-rounded brain boost. The struggle of the steps leads to joy in mastering the moves. You can find yourself in flow with the repetition of rhythmic patterns. Depending on the activity, you will be energized or relaxed.

Don't be afraid to try something new. Practice patience and practice until perfect. You'll start to see yourself differently, and I bet you'll like it.

5. Organized Sports

Sports, whether team or individual, offers so many opportunities to support mental health. Facing and overcoming challenges are embedded in the nature of every sport. Problem-solving, determination, and perseverance are tested and tackled, building foundational skills that translate off the field, court, mat, etc.

Team sports, as well as other group activities, offer a shared experience that bonds the participants. Working as a unit toward a common goal presents opportunities to give and receive support and whether celebrating or commiserating, the social connection is crucial for mental well-being.

Find a league, join a club, or gather a group. Camaraderie and competition are ingrained in our DNA. Feed this need and you'll be good as gold.

Connecting these dots, it's clear why movement is magical for your mind. Perhaps the most obvious and simplest explanation of all—you generally feel good when you know you've done something good! With the variety of options available, you can customize a prescription to suit your needs.

Work off some stress with a high-intensity activity. If you are looking to bring peace and calm into your life, opt for a slower-paced, mindful practice. Join others for the social support, or go solo for some “you time.” Do any of the above while out in nature for an additional mental health boost.

There is no denying a daily dose of exercise will make you healthy, happy, and wise!

Do yourself a favor and get your move on! **M**



With MINES Eye we will focus on meditation techniques, basic yoga poses, and mindfulness practices to help you stay in control of your thoughts and expand the capabilities of your mind as well as body.

Seven Family Mindfulness Ideas

Check out the seven ideas below for some fun activities you can do with your family to increase mindfulness while also having some quality family time inside or in the great outdoor this summer!

1. Create a Mindfulness scavenger hunt

- Make the scavenger hunt list relating to 5 senses - for example, find something that smells like flowers, find something that is purple, find something that feels soft, etc.

2. Do a social emotional craft together

- Example: <https://www.easypeasyandfun.com/paper-cup-octopus/>
- Discuss how working on crafts makes you feel (physical and emotional)...Do you notice your breathing begin to slow or calm? Are there times you feel frustrated? Do you feel accomplished or satisfied when you are done?

3. Create a contentment thermometer and have children track their feelings each day

- Create a thermometer and decide where feelings should be in relation to temperature. For example, should sad be a cooler feeling and anger a hotter feeling?
- This allows children to recognize and talk about their feelings

4. Take a rainbow walk and try to find something that matches each color of the rainbow

5. Mindful coloring

- https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf
- Or print your child's favorite cartoon themed coloring sheets with a simple Google search
- Talk about how coloring makes us feel, notice how it may slow your breathing and quiet your mind
- Maybe do this outside and discuss what your 5 senses are experiencing while in nature

6. Heart rate tracking

- Take a walk or a run as a family and have your child track their heart rate, discuss how a fast heart beat feels and help child notice when their heart rate has decreased when at rest

7. Monkey See Monkey Do

- Adults play monkey and lead the child(ren) through different actions
- Discuss how breath changes (when laughing for example) and how the body feels **M**

Summery Chopped Orzo Salad



Ingredients:

- 8 ounces orzo pasta, cooked
- 1 medium cucumber, peeled and diced small
- 1 medium zucchini, diced small
- 5 radishes, diced small
- 1 small red onion, diced small
- 1 large ear of corn, sliced off the cob (use canned if fresh not available)
- 1 roma tomato, diced small
- 1/2 red bell pepper, diced small
- 1 cup small tomatoes, quartered
- 1 lb mozzarella cheese, balls
- fresh basil, chopped
- fresh parsley, chopped
- fresh chives, chopped
- DRESSING
- 1/2 cup white balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 cup extra virgin olive oil
- salt and pepper

Directions:

1. Chop all veggies very small, and toss with cooked orzo.
2. Add cheese, and toss again.
3. Mix all dressing ingredients and shake hard in a container to emulsify.
4. Dress salad with as much dressing as you'd like. You won't necessarily use it all.
5. Chill and serve cold.
6. All done, enjoy!

Makes approximately 4 servings

Nutritional analysis (per serving): 277.4 calories; 20.3 g fat (5.7 g sat); 22.4 mg cholesterol; 15.7 g carbohydrates; 3 g from sugars; 9 g protein; 1.2 g fiber; 187 mg sodium. M



Access Your EAP Services Online!

With MINES EAP, you can access your Employee Assistance benefits online. Accessing your services online is fast, easy, and available 24-hours a day to make sure we are there when and where you need us!

If you would like to access your EAP services through MINES Digital Intake, please follow the steps below:

1. **Make sure you have your company code. This can be found on your EAP guide, asking your HR department, or by calling MINES at 800-873-7138.**
2. **Go to www.minesandassociates.com and click the “Access Your EAP Services” button or navigate to the “EAP Intake” button.**
3. **You will first be asked to create your profile. You only need to do this once.**
 - Please note, if you have used MINES in the past, you may already have a profile on record. You will then receive notice that your email is already in use when trying to register. Should this happen, please call us at the number below or email to info@minesandassociates.com to request an invitation to register with the Digital Intake.
4. **Once a profile has been created, you can click on “New Digital Intake” at the top of your profile page and get started today!**

Please call us at **800-873-7138 M-F 8:30am to 5:00pm MST** if you have any questions about the digital intake, would like assistance completing your intake, or if we can assist with anything else.

To your wellbeing,
The MINES Team

