



January 2024: Healthy Aging



“Count your age by friends, not years. Count your life by smiles, not tears.” – John Lennon

Happy New Year and welcome to the January 2024 edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we are going to start things off by shining a spotlight on the invaluable journey of healthy aging. Embracing healthy aging is a profound commitment to nurturing the well-being of both body and mind, ensuring a fulfilling and vibrant life as the years unfold. It extends beyond mere longevity, emphasizing the quality of life experienced in each passing moment.

Recognizing the importance of preventative care, mental wellness, and fostering supportive social connections, healthy aging becomes a shared endeavor that enriches not only our personal lives but also the collective experience of aging gracefully and purposefully. The tips in the articles and blogs below will help you get a jump start on empowering yourself with healthy lifestyle habits and really sticking to your goals for a productive and healthy year ahead.

Remember! As part of MINES EAP resources, you have access to personalized wellness coaching to help you with all things wellness, including resolutions and healthy aging. Call or [log in](#) today for more details or to sign up and receive your headset!

To your total wellbeing,
The MINES Team

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Better Choices for a Healthier Lifestyle

Have you been hesitant to try to break your bad health habits because you thought the task would be too difficult? Then get ready for some good news.

"Every day, new research indicates that Americans can take control of their own health by making simple and realistic lifestyle changes," says Lawrence Stifler, Ph.D., a behavioral psychologist and president of Health Management Resources in Boston. "By modifying a few of their unhealthy behaviors, people can actually lengthen and improve the quality of their lives. A small commitment of a few hours a week could add eight to ten quality years to a person's life."

How healthy you'll be in coming years can be predicted by your number of risk factors for disease. Having one risk factor doesn't necessarily doom you to poor health, but your odds increase dramatically when several risks are combined. For example, high cholesterol increases the likelihood of developing heart disease. People who smoke, have high cholesterol and high blood pressure dramatically increase their risk for heart attack.

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Tips to Help You Stick to Your Goals in 2024

Have you ever made a New Year's Resolution that you didn't follow through on? Most of us have. Too often, we start the year overflowing with motivation to work toward our goals – only to watch that motivation flow away as the months go by. One survey by Forbes Health found that the average New Year's Resolution lasts just over 3 months.

But it's possible to do things differently – to set goals in a way that helps you to actually achieve them.

In our last article of 2023, we'll give you simple tips on how anyone can set realistic, achievable goals – and sustain long-term motivation so that you continue to take steps toward your resolutions all year long.

Why are goals important?

Research has found that setting goals is an important component of good mental health and overall well-being. Setting and reaching goals helps you stay motivated and uplifted in life. It can also help you reflect on where your life is headed and make changes when you need to. Going on to meet those goals can give you a sense of confidence and mastery.

Setting goals is especially important if you live with a mental health condition like depression or anxiety. When we set goals for recovery, we can measure each small step we take toward taking care of ourselves and overcoming mental health challenges.

But New Year's isn't the only time we can set goals. Goals are important all year round. The start of a new year can mark a great opportunity to start working toward a new goal, but you don't need to wait until January 1st if inspiration strikes another time.

How to stay focused on your goals

There are simple changes you can make to help yourself stay focused on your goals throughout the year. Here are some helpful, easy tips that you can follow as you prepare to make resolutions for the new year:

- Set clear goals
- Tell people
- Think about what you want, not what you don't want
- Connect to your "why?"
- Ask for support!

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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.

To access past issues of *TotalWellbeing* please visit our [newsletters page](#). 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 everyday life. If you have any thoughts, questions, or content you would like to see covered here please get in contact with us. You can email us directly by clicking [here](#).

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