



Helping Hands

District Lodge 141

Employee Assistance

Program www.iam141.org/eap



December 2009

Tips for Quitting Smoking

Many experts recommend tossing smoking materials in the trash and quitting “cold turkey.” If you think this is something you would like to do, here are some practical tips to help you through the process.



Build a support system. Tell family and friends you are quitting and ask them not to smoke around you.

Set a quit date. List reasons for quitting and keep it where you can see it. Avoid situations and places that trigger the urge to smoke.

Stay active on your quit date. Avoid alcohol because it can weaken your resolve. Change your daily routine; plan fun activities.

Replace cigarettes with chewing gum, hard candy, or low-calorie snacks like fruit, celery and carrot sticks.

Discard smoking related items such as lighters, ash trays, etc.

Exercise. Sports and recreation take your mind off smoking urges and improves health.

Put money you would have spent on tobacco products in a jar and watch your savings grow.

For more information on quitting smoking, visit the American Lung Association at <http://www.lungusa.org> or the American Cancer Society at <http://www.cancer.org>.

Light-Duty Coworkers and You

Never assume a coworker recovering from an injury is faking the need for light duty. Many injured people in their initial recovery period may demonstrate few signs of distress others can see. The injured worker may even have little or no



pain. Your frustration at performing laborious tasks may prompt you to question the legitimacy of light duty. Recovering workers are vulnerable to these peer confrontations, even if nonverbally communicated. Risk of re-injury is high, together with an even longer recovery period.

Eat Slower, Gain Less

It tastes so good, I can't wait to have seconds—zoom! There is evidence

that very fast eaters who gulp down meals and eat until they are full are three times more likely to gain weight than others who take their time and don't eat so fast. Especially during this holiday season, try enjoying what you're eating, but take your sweet time doing it. Slow down and smell the coffee. You just may eat less. The idea is not new. “Gentle eating” seminars are a key component to many eating disorder programs, and what they teach may be a strategy that could work for you.



Think: (Indoor) Safety

It's not the airport ramp, so why should you need to think safety in an indoor airport setting?

Accidental injuries in indoor settings are plentiful nationwide. The perception that workplace injuries are less likely indoors increases risk, because thinking safety and prevention is an afterthought. Musculoskeletal disorders are the most common type of accidental injury indoors, and the back is the most commonly affected body part. Back injuries indoors are usually caused by lifting something heavy or *being in the wrong position* when you try to lift something. Slips and falls are also common in indoor settings. You're more likely to be off work longer recuperating from an injury if you are an older worker, but the younger you are, the *more likely it is* that you will be injured! Reduce injuries in the workplace by asking for help when moving something heavy—a box, an overweight bag, a piece of equipment, or a file cabinet.



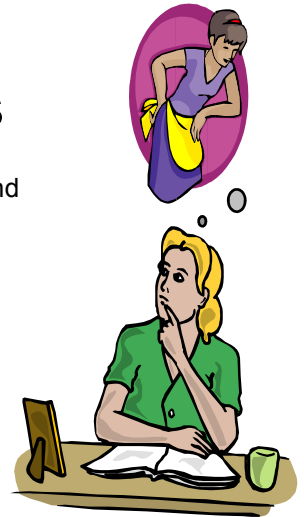
IAM-EAP Peer Coordinators

The mainstay of the District 141 EAP is the local lodge EAP peer coordinator. These dedicated men and women volunteer much of their personal time to assist our brothers and sisters who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations. However, coordinators are trained to make a basic assessment of the situation and then refer to a professional resource for a more detailed evaluation and course of action. A complete listing of IAM EAP local and regional coordinators, including phone numbers, can be found on the District 141 website at www.iam141.org/eap.



Family Gatherings and Holiday Stress

Is it going to be another stressful and exhausting time orchestrating a huge get-together with relatives again this holiday season? Here's a novel idea: Why not take a break and skip it this year if you feel like it? If your annual gatherings happen because "that's the way it's always been," and you've also wondered "when will I get a break?", maybe this is the year to start. This doesn't mean you have to completely eliminate socializing and family togetherness, but if everything always falls on your shoulders (despite your attempts to share the load) because you do such a great job, maybe you and the entire gang will benefit from a break from the preparation, shopping, meal planning, cleaning, and laundry. This assertive step can be a difficult one to take. Inertia and everyone's great expectations for another masterful performance can put a lot of disappointment on the line. Talk about it with a close friend. A year later, you may feel reenergized. You then come back, delegate the chores, and really make a splash, if you like.



Better Teaching Moments for Your Teen

It's not easy to get a teenager to readily accept your point of view.

The term that describes the window of opportunity for doing so is often referred to as a "teaching moment." How do you recognize teaching moments so you can take advantage of them and add to the quality and happiness of your teen's life? A teaching moment is an opportunity, usually of short duration, that is characterized by the need for understanding or insight in response to an event with an unanticipated outcome. When offering understanding or insight to a teen do two things: 1) Avoid the "I told you so" approach. Instead, ask "what" and "how" questions to help guide the teen to the insight to be gained from an event. 2) Verbally praise the teen for discovering the answer and being open to accepting it.

