



# Helping Hands

District Lodge 141

Employee Assistance

Program [www.iam141.org/eap](http://www.iam141.org/eap)



January 2010

## Fighting Depression in the Recession

**R**ecessions can take an emotional toll along with their financial impact.

Keep an eye out for signs of depression, and don't let symptoms mount before seeking treatment. Your employee assistance coordinator can help. Resist slipping into catastrophic thinking ("We'll never climb out of this"). Instead, deal with each day as it comes. Plan steps and strategies to regain a financial foothold, and reflect on past successes in overcoming adversity. Feared events, if they come, are usually accompanied by solutions or choices associated with their resolution. Using this resilient mind-set helps reduce fear, and it allows you to feel more in control and less stressed. It also models resilience to those you love.



## Eating Right Can Help People Manage Stress



Stress causes many people to eat all the wrong things. But nutritionists say there are things people can do to make sure they stay healthy during stressful times. It all starts with breakfast. Nutritionist Alana Sugar calls breakfast the "must meal." She said it should include things like eggs, nuts, good carbohydrates, proteins and yogurt. Many men, however, tend to turn to lots of coffee and eat heavy in the evening. Sugar advises men and women to reduce portion sizes, chew slowly and don't depend on coffee, cigarettes or alcohol to get them through the day or night. Experts also suggest spacing out calories throughout the day and taking a walk after meals. Another piece of advice from experts is for people to prepare more of their own meals so they can control ingredients and portion sizes. They recommend eating good fats found in foods like fish, nuts, olives and avocados. For those people who burn the candle at both ends, it's important to load up on vitamin B and C to boost the immune system.

## Keeping Your 2009 Memories

**I**t's 2010, but don't throw away your 2009 day planner!

You may have transferred phone numbers and dates of future events, but you have not transferred your memories! Hundreds of them are associated with events from last year. You now have a "diary" to serve you in the future when you need it to recall crucial information for reference, documentation, and more.



## An Attorney is a Phone Call Away

**F**or a free consultation with a Union Plus Legal Service attorney in your area, call 1-888-993-8886 or log on to <http://www.unionplus.org/legal-aid-services/find-a-lawyer>. Up to 30 minutes free consultation on any issue. Most additional services, 30% discount. Lawyers are screened by Union Plus for being labor-friendly and union approved.



## Plan Tomorrow Tonight!

Here's one daily habit you should start tonight. Set aside 30 minutes each night to review your plan for the following day. Once your day begins, you're off to the races. It may be difficult to take a breather and plan your day on the run. You have the ability to store a thousand ideas and details associated with your day. However, you can work on only one thing at a time. Planning your day the night before acts as a sorting-out process and calms the nervous system, which has been in hyper mode all day. It's the equivalent of straightening up a messy workshop before beginning the next project. The benefit is the feeling of being more in control and less overwhelmed by a morass of issues and concerns. And it may improve your sleep!



## Recover Your Recovery Program

If you must manage a chronic disease prone to relapse, did you find support for your recovery program this past holiday season? Millions of people manage personal programs of recovery from relapse-prone illnesses such as substance addictions and disorders associated with eating, gambling, smoking, and other behavioral health issues. Don't delay in reestablishing your program of recovery if you relapsed. You may be waiting for the "right opportunity," but get this one off your "to do" list and on to your "just do it now" list. Don't kick yourself for relapsing. Doing so adds to your procrastination. Instead, put your energy into reestablishing your recovery program without delay. A relapse may have started with some destructive thoughts ("stinking thinking"), or rationalizations. Rebounding from a relapse is easier the more quickly it is begun, because in the early days or weeks you have not yet rekindled strong defenses that prevent you from accepting help. Talk with your sponsor, a counselor, or EAP coordinator to gain insight from your relapse experience so that it becomes part of your armament to help prevent a future relapse. Recapture the promises of recovery in your life.



## 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](http://www.iam141.org/eap).



## Subtle Sexual Harassment is Still Serious

Sexual harassment is becoming more subtle with new technology such as texting, PDAs, and instant messaging. However, it's still illegal and victimizes others. From the privacy of a tiny keyboard, it's easy to send a message with an unwelcome impact. Your best tool to avoid being accused of sexual harassment is "other awareness," which means paying attention to statements or actions of the person (or others around you) who do not welcome your comments or behaviors. "No," or even looks of disapproval all mean the same thing: Don't do that again. One mistake many perpetrators of sexual harassment make is practicing the unwanted behavior again, convinced that it will be accepted if only attempted in a different way.

