



141

February, 2011

Helping Hands

The Employee Assistance Program Newsletter

www.iam141.org/eap

Co-dependency vs. Helping Others



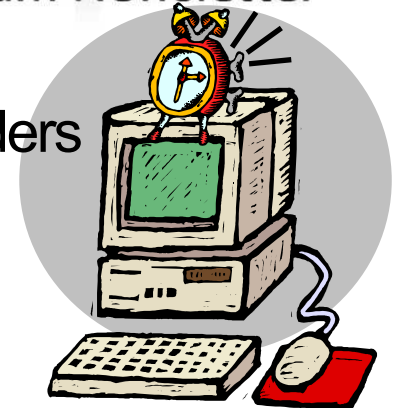
Co-dependency is defined as “having a psychological dependence on someone who suffers from substance abuse”. Co-dependence involves patterns of thinking and behaving that contribute to unhealthy communication, control and manipulation, and other types of dysfunctional interaction within relationships. Codependency interferes with one’s ability to have an emotionally satisfying and mature relationship characterized by mutual positive regard, emotional safety and security. Many people believe they are helping the addict by “covering” for them. This may have the effect of making the addiction worse. There are professional counselors who specialize in helping codependents. Awareness of co-dependent behaviors, changing these behaviors and increasing self-esteem are key. Could you be affected by codependency? You can obtain an extensive list of issues and behaviors associated with co-dependency at <http://tiny.cc/codependent>.

February: Heart-Healthy Month

The National Library of Medicine’s heart-healthy education training module - <http://tiny.cc/love-your-heart> has good information about your heart. The tutorial discusses heart attacks, subtle signs and symptoms and how to differentiate a heart attack with other types of pains in your body. This tutorial could not only help you or save a life, but reduce worry and confusion over heart health issues.



Online Reminders Keep You Focused



If you often miss appointments because you are too focused on your work, especially an online project, go to www.onlineclock.net. Set up a reminder to let you know when you have another obligation. You can also use [onlineclock.net](http://www.onlineclock.net) to help you stay focused. If you must stay focused, but find yourself “wandering” online every now and then, don’t get frustrated. Instead, set the reminder to get you back on track. Like a friend (or a watchdog) it will remind you to get back to your task!

Journaling Your Way To Understanding



Many of us experience overwhelming problems that seem to have no solution. Often, we get “stuck in place” and can’t move forward. Journaling can help by allowing you to release frustrations, feelings and other thoughts that may be keeping you from addressing the situation effectively. Journaling also helps by keeping a history of our thoughts and our perspective. It helps to “release” some of our recurrent thoughts and feelings so that we can move on. It allows the sub-conscious mind to let go of an issue and let you sleep better, think more clearly and find resolution for a perplexing problem. Keep a pad and paper by your bedside to write down the thoughts that are keeping you awake. For more information about journaling effectively talk to your EAP representative.

Using “Contacts” Effectively

A contact is an “acquaintance, colleague, or relative through whom a person can gain access to information that may help with the decision making process”

We all have on-line “contacts”. Some web sites like Facebook, Twitter and MySpace are social in nature. Others, like LinkedIn and ConstantContact are business oriented. Still more web sites like EBay, Angieslist and Craigslist help you find products and deals that fit your needs. Managing all of these contacts can seem daunting at times. However, effectively utilizing these contacts can help you resolve most any issue you may encounter. Be sure to use the appropriate web sites and contacts for each problem. Often, your contacts can answer questions you may have and may be able to provide a solution that saves you time, money and heartache. Effectively utilizing your contacts and resources can lead to good decisions and will make your life easier!



Putting the Brakes on Impulse Buying

Impulse buying is making unplanned purchases, regardless of need. Even if you only buy a pack of gum at the checkout or are lured by an attractive end cap display, controlling impulse buying is critical if you are on a budget. Start by being practical: 1) Create a shopping list and stick to it. 2) Take only the cash you need for your purposes. 3) Avoid displays created to attract your attention. 4) Never shop just to kill time. 5) And the best tip: accept the fact that pennies and dollars add up. Save as much money as is practically possible for a “rainy day”.



Practicing Relationship Wellness

No one gets an instruction book the day they enter into a long-term relationship with someone they love.

Practicing “Relationship Wellness.” is something we need to be aware of. Like physical wellness, the effort to stay physically fit, relationship wellness is also achieved by a deliberate effort to stay “relationship fit.” Are you practicing relationship wellness? Over time, you may reduce the stress of relationship difficulties. Try these tips: 1) Recognize that a *deliberate effort* is normal and necessary to nurture a relationship. As time passes, conscious preventive maintenance becomes more important. 2) Taking the time to be together—going away on a weekend together, having breakfast together, or finding other ways of enjoying each other’s company can be essential for relationship health. 3) Say “thank you” and “I love you,” often. 4) Talk, listen, and share your thoughts and dreams frequently. This will help you both see how the relationship is growing and changing. 5) Practice “random acts of kindness” in your relationship. Pick up a special dessert on the way home, do a chore your partner doesn’t like to do, buy a card to express your feelings. Each of these acts is a *deliberate effort* that shows you care about each other and nurtures your relationship as you travel along life’s path.



IAM-EAP Peer Coordinators

The heart and soul of the District 141 EAP is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist our brothers and sisters experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations. However, coordinators are trained to make a basic assessment of a situation and refer to an appropriate resource for a more detailed evaluation and course of action.

