



141

August, 2010

Helping Hands

The Employee Assistance Program Newsletter

www.iam141.org/eap

Dealing with Grief— Some Dos and Don'ts



Grief is painful, but it is a natural part of healing from loss. Not all grief involves the death of a loved one. You can experience grief from the loss of health; a teenager growing up and leaving home; a change in life status; no longer feeling safe after a violent incident; loss of possessions; or a change in environment. Grief doesn't come with instructions, but if it did, it might include the following: 1) Talk about what you're feeling, even if it's hard to identify what you're feeling when you experience loss. 2) Believe that it is OK to ask loved ones for help and support. 3) Take care of your daily responsibilities so you do not later feel even more overwhelmed. 4) Try to get regular exercise. 5) Eat healthy foods and get plenty of sleep. 6) Do not use alcohol to manage emotions related to grief. 7) Stick with your routine or get back to it soon. 8) Consider postponing important decisions in the acute stages of grief. 9) Believe that a professional counselor can be a source of support, even one without a similar grief experience.

College Drinking



Could binge drinking and its effect on cognition be the cause of the surprising decline in the academic performance of your college student? The American Medical Association has compiled evidence that the brains of teenagers and young adults are more sensitive to the negative effects of alcohol from binge drinking than those of mature adults. The brain is still growing at this age, and researchers noted that young binge drinkers do worse on memory, learning, and thinking tests. Girls do worse on spatial relations and boys do worse on attention.

Tempted to Quit Your Job?



A lot of people have the impulse to quit their jobs out of anger, but if the urge ever strikes in the heat of the moment, cool down by considering: 1) You're angry now, but will you be able to work with the people around you going forward? 2) Can your employee assistance program help you examine issues you are facing that are prompting a desire to quit? 3) What are the chances that things will change or can be changed for the better soon? (i.e. the environment, coworkers, ability to handle the event that you are facing at this moment, etc.) 4) Is this the job that can take you forward toward your goals? 5) What immediate needs does your job fill? Suddenly quitting a job is not like in a TV show. Almost always, the stakes are high if you quit and enter a pool of other job seekers while losing the potential of a positive reference. Consider your options. Avoid the emotional anguish, relationship stress at home, and the financial impact of suddenly leaving your employer, especially if you do not have another job lined up.

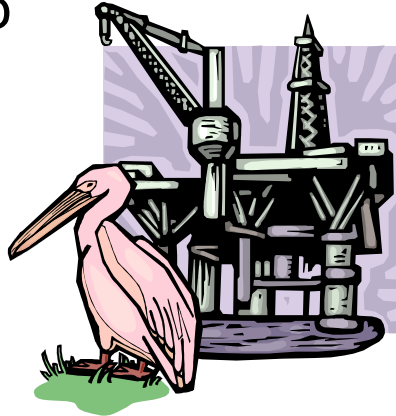
Exercise for Brawn and Brain



Exercise is not underrated, it is undersold. Physical stamina, strength, and endurance are all known benefits of exercise. But what about increased mental acuity, building neuropathways, improved mental stamina, and improved cognitive functioning? It's all there. Research increasingly points to the benefits of exercise for improved brain functioning. If increased physical stamina alone isn't enough to get you moving and shaking, knowing that it may help you think better should give you second thoughts!

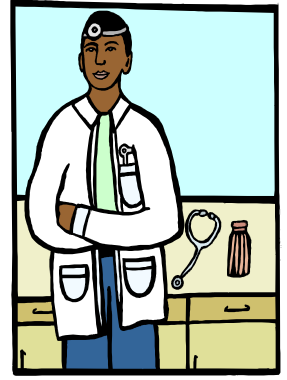
Talking to Children about the Gulf of Mexico Oil Disaster

Like other national and international disasters that get significant media attention, the grief, loss, and change caused by the recent oil well disaster in the Gulf of Mexico can leave children feeling frightened, confused, and insecure. Children may experienced personal consequences of the oil spill through their family or community, watch it on television, or overhear it being discussed by adults. Parents and educators can respond to emotional or physical reactions with the help of a new resource, "*Tips for Talking to Children and Youth About the Oil Spill*". Search and find it at www.Samsha.gov



Know about Colorectal Cancer

If you don't smoke, what cancer presents the highest risk, even if you feel healthy as an ox? Answer: colorectal cancer (CRC). CRC is the leading cause of cancer deaths in the United States among nonsmokers. The good news is that CRC deaths are dropping because of education and the willingness of people to get screened for it. Nearly 50% of people between 50 and 75 years of age have not been screened for CRC. What about you? Don't procrastinate. Talk to your doctor or health care provider to learn about screening options, how early you should get screened, associated risk, and your next steps. Avoid being one of the 140,000 people diagnosed each year with CRC.



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.

Just Do It : Explained!

You've heard of the "just do it" motivation technique. Most people do not understand that there are *two parts* to this simple "take action" strategy. Whether it's sticking to an exercise program or trying to clean out a messy garage, this technique can get you moving if you remember these two steps: 1) visualize yourself doing the task while simultaneously acting on it and, just as critical, 2) *avoid trying to "motivate" or "psych" yourself into wanting to do it*. Trying to motivate yourself undermines your goal. Why? It is difficult to overcome resistance to something your brain knows is inherently "painful". Instead, win over this resistance with success and feel motivated as a *result of taking action*. Use this strategy with your action goals and you'll find with practice that "just doing it" works.



Union Plus Programs

Discover how Union Plus programs can work for you. Visit the Union Plus website at www.unionplus.org to see a complete listing of discounted programs offered to IAM members.

