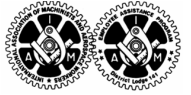




Helping Hands

District Lodge 141



Employee Assistance Program

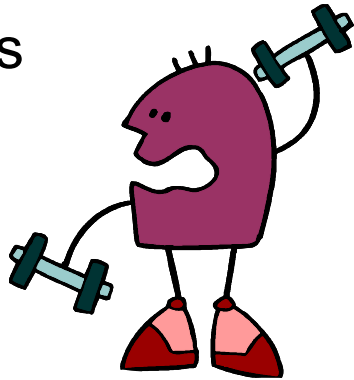
www.iam141.org/eap

February 2009

Hidden Motivators for Exercise

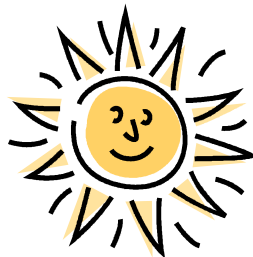
You know you should exercise regularly, but keeping your body physically fit may not be enough motivation for you to do it.

Acquiring more positive beliefs about exercise will give you more reasons to do it regularly, and you may feel new motivation. See exercise as a form of recreation, a way to apply work-life balance, and a means of achieving the goal of finding mental relaxation. Exercising will produce a tranquilizing effect that you will feel hours later, and it can give you the feeling that you accomplished something. These effects can be especially beneficial if you've had a hard day. Exercise can be the one bright spot during those times where you feel a sense of helplessness about specific worries and concerns. Don't think of exercise as just something you "have to do." Instead, think of its many other benefits.



Stay Positive, Stay Healthy

Could it be that people with a positive attitude who are energetic, happy, and relaxed are less likely to suffer from the common cold? Maybe, say medical researchers. According to a report in the July 2003 issue of *Psychosomatic Medicine*, 334 healthy volunteers were interviewed about their moods, then got a squirt of rhinovirus, which causes the common cold. Result: Those with the most positive attitudes experienced fewer colds symptoms.



Incentives to Lose Weight Works

Financial incentives to lose weight do work, it appears, at least in the short run. Motivation might be boosted with a financial award that you plan for yourself if you succeed or a financial penalty if you don't. Try duplicating a University of Pennsylvania study that had 50 percent of participants succeeding in losing 16 lb. in 16 weeks with this technique. Some winners chose the forfeit money route, while others went for the award. The figure that worked: about \$300.



Stepping out of Your Comfort Zone

Success almost always requires stepping out of your comfort zone. The next time your anxieties start clawing at your willingness to explore a new workplace opportunity, remember that it's natural to feel unfit for a task at first. Expect to fumble a bit until you get your footing. Living up to your potential doesn't include firm instructions or a "paint-by-numbers" approach. False starts and dead ends happen. Don't be discouraged. Follow this rule: You know more than you think you do. The key is applying old experiences to new situations, getting feedback, and making adjustments until you excel. Then move on to the next challenge. The only thing holding you back is you.



Kick Cravings to Keep to Your Diet



Don't beat yourself up for failing to slay the craving goblins in the psychological war against hunger.

Ironically, the solution may be your need to eat *more frequently*. If you reduce caloric intake too quickly, a starvation/binge cycle can begin. Set realistic goals for dieting, and ease into it. Do you need more sleep? Exhaustion can make you want high-calorie foods. Also, eat breakfast. If you don't, you risk overeating at lunch or later in the day. If you aren't hungry first thing in the morning, head out the door with something nutritious in hand that you can eat on the way to or at work. Stress can be a trigger for binges, so manage it with help from your EAP. If possible, try short exercise breaks. One study showed that a brisk walk could overcome chocolate cravings! It could help reduce other food cravings as well.

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 coordinators, including phone contact numbers, can be found on the District 141 Website at www.iam141.org/eap.



Helping Your Child "Think College"

If you value a college education for your child, the secret to implanting the idea is "expectation" and "anticipation". Start imparting messages in middle school, *rather than high school*. Treat college attendance as a natural and assumed event in your child's life.



Help your child envision the experience by visiting different campuses and talking about the benefits and drawbacks of each. Don't push too hard for early decisions on a major. Instead, talk about different career options and how they fit in with your child's strengths and interests. Discuss how making good grades and securing scholarships today gives your child more options down the road. If you're a graduate, share some of your own college experiences with a sense of excitement and explain how they helped shape your life.

Stress: A Switch for Depression?



Among people who suffered multiple stressful life events over five years, 43 percent with one version of a gene developed depression, compared to only 17 percent who had another version of the gene, according to research funded by the National Institute of Mental Health (NIMH). People with a protective version of the gene experienced no more depression than people totally spared from stressful life events - no matter how many stressful life events they endured. *Implications:* Depression, a biologically based illness, may not be uncovered until stressful events are experienced, because a gene's effects may only be expressed, or "switched on," then. Don't second guess depression, and remember that the EAP can help.

Source: National Institute of Mental Health, July 17, 2003 News Release