



HELPING HANDS



Summer With Your Teen

Teens benefit from having purposeful time away from school. Summers can be good opportunities to explore different things than they might not learn about in school. Exploration activities can be academic or athletic. Much of the exploration can be self directed. This is a good time for teens to seek information about something they are interested in. This exploration should be talked about with parents and encouraged appropriately. Parents can put boundaries around activities to ensure that the experiences are positive. Recently a newsletter from Rosecrantz Adolescent Treatment Center advised: "Structure could include summer practices or workouts if they are involved in sports at the school. Some schools allow access to the weight room or other workout facilities over the summer. Summer camps are another way to keep students involved in positive activities."

TIPS FOR PARENTS:

- Communicate
- Hold your teen accountable for their actions
- Plan family activities
- Know your child's whereabouts
- Know your child's friends
- Work with parents of your child's friends to coordinate efforts.



Following these tips can lead to a fun and adventurous summer for both teens and parents. An encouraging environment can be the beginning of a good relationship with your teen. Being curious about what your teen has discovered or accomplished each day is a better approach to take rather than demanding to know what they have been doing. Being thoughtful about your interactions will help build a positive trusting relationship that will help your

Summer Vacation Tips

All of us like to be outdoors in the warm weather of summer. Being thoughtful about our activities can help avoid some unintended consequences. Drink plenty of water (not alcohol only!), wear sunscreen, and monitor your activity levels. Overdoing in any way can cause side effects that are not pleasant. Taking it easy and slowing down a little can make summer a relaxing and enjoyable experience!

Reframing as a Problem Solving Strategy



"Yesterday is history; tomorrow is a mystery. All you have is today. That's why it is called the present."

Reframing involves seeing the same situation in a different light. All of us tend to think about things in ways that are comfortable and make sense to us. Sometimes however, it may be necessary to view a situation in a way that is different than how we might usually look at it. Reframing may help us understand how others may be thinking or it may help to see different solutions to difficult problems. Here are three methods can help you reframe your thinking:

- 1) Talk to friends who know you and how you react: friends can help you get out of thought patterns that will lead you to react the same way over and over. Knowing you will react differently will help you gain confidence and help you resolve a situation positively.
- 2) Seek out experts: finding out about a topic from people who know the subject matter may lead you to different conclusions. More information may help you make better decisions.
- 3) Momentarily step away from what you are trying to address. Many times you simply need to take a break from working on a problem and think about other things. Involve yourself in a different activity. When you return to the task at hand you will find you are better able to think about what may work by thinking about the situation differently.

Reframing how you are thinking can be a very effective way to solve difficult problems. Taking into account other points of view can open up new solutions that are win-win for everyone involved. Reframing can help you to have a more positive attitude about difficult situations and gain confidence that you will resolve anything that you face. For more information speak with your EAP representative listed on the next page. They

Practical Money Saving Ideas

There are hundreds of web sites that can help with ideas about how to save money. Many of them “push” products for companies and are paid fees for guiding you to the companies web site. However - there are good independent websites that have some very good practical ideas about how to save money. Here are a few:

www.thesimpledollar.com. This is a great site with many ideas about saving money and how to buy products you want cheaply. There are many tips that will help you along with many that may not apply to you.

www.doughroller.net. This site focuses on ways to reduce your bills. Cutting back to basic cable, slowing down your internet speed and requesting a rate reduction from your credit card are a few very worthy tips.

<http://frugaldad.com>: This site collects suggestions from readers and include them in their blog. Recent tips include: “use hulu, fancast or utube to watch all of your favorite TV shows. and trade children’s clothes with friends”.

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP Coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.



Calendar

2011

July 7 - August 11

IAM Representation Vote

July 15-22:

EAP III

Placid Harbor, Md.

William P. Winpisinger Center

July 24-29

Labor's Assistance Program
Conference

Las Vegas Tropicana

September 12-14

IAM/UAL Joint EAP Training
Los Altos California

October 24-30

Employee Assistance Program
Association Conference Denver,
Colorado

November 13-18

EAP I

Placid Harbor, Md.

William P. Winpisinger Center