



HELPING HANDS



Wellness: Part Two

Mental Wellness

The field of Positive Psychology addresses mental wellness by seeing all people as capable of creating a positive environment in which to live. "Understanding positive emotions entails the study of contentment with the past, happiness in the present, and hope for the future. Understanding positive individual traits consists of the study of the strengths and virtues, such as the capacity for love and work, courage, compassion, resilience, creativity, curiosity, integrity, self-knowledge, moderation, self-control, and wisdom"

Martin Seligman, the founder of Positive Psychology believes that: "Habits of thinking need not be forever. One of the most significant findings in psychology in the last twenty years is that individuals can choose the way they think" Believing you can change how you think about a particular situation can be a powerful tool to utilize when trying to change your circumstances. Believing you can change is the first step in solving a difficult problem. It works as the foundation of a fruitful journey!



Mental wellness can be influenced by:

- >Biological factors - changes in the central nervous system, physical illness and family history, (genetics) and medication.
- >Social environment/ situation - Personal and financial losses, traumatic events, stress and economic status.

Mental wellness is promoted through:

- Physical activity
 - Good nutrition
 - Adequate rest and sleep
 - Stress reduction
 - An optimistic attitude that can include humor, creativity and faith
 - Optimal medication management
 - Emotionally enriched environment
- To improve your situation - look for the positive and realize your limitations. Also- ask for help, it will lighten your load!

What Your Body Language is Telling Others



From WebMD.com:

Body Language Basics

Body language includes everything from our facial expressions, to eye contact, our gestures, stance, and posture. From a flip of the hair to hands on your hips, how you move, gesture, and your facial expressions can say as much as what comes out of your mouth. While the nuances of body language are complicated, there are some common body language signs worth a thousand words.

Body Language ABCs

Flipping your hair, shaking hands, making eye contact, and smiling are more than just movements -- they're a part of your nonverbal communication, adding emphasis and emotion.

"Body language represents a separate communication process beyond words," says Ross Buck, PhD, a professor of communication sciences and psychology at the University of Connecticut. "It exists simultaneously with language, but it is emotional and largely happening at the subconscious level."

What are some of the basic body language cues that we display and what kind of effect can they have on the impression we make on other people?

>Posture. Posture can be sign of dominance or submissiveness. Shoulders back with an erect posture can be a sign of dominance while being slumped can mean insecurity, guilt, or a feeling of shame.

>Eye contact. "While the rules of eye-contact engagement vary from culture to culture, in the U.S., it can mean honesty and forthrightness," says Buck.

The eyes are a powerful part of our body language cues and can express everything from personal interest, to annoyance, to happiness and pain, he explains.

>Facial expression. Your facial expressions can show exactly how you feel and give everyone a clue about whether you are being honest or not. Being aware of what your expression is revealing as you are talking with others can help your communications be consistent.

Look for more information on Body Language next month.

Taking Anger to Heart

From Federal Occupational Health EAP Newsletter, Spring 2005:

When someone cuts you off on a busy highway, shout at the driver? Or, do you swallow your not being kind to your heart, researchers say. situation by blowing your stack or holding it heart problems. According to Ohio State people who respond rigidly to anger-significantly elevated levels of heart-the best response to anger-provoking important to turn off the anger as soon as In subjects who always reacted to an anger-way, researchers found levels of "bad" or regardless of whether they expressed the found that those who were flexible, but than showing it, had the lowest levels of intense anger trigger the release of lipids bloodstream? The body releases the "fight or flight" survival response to the healthiest response is to carefully the anger to defuse. Still, remain under Other survival-threatening situations (such as being chewed out by the boss) may have to be endured in silence until you can slip away to burn off the negative energy, perhaps through a brisk walk or some other vigorous activity.



do you pound the steering wheel in fury and anger and dwell on it later? Either way, you're If you respond to every anger-inducing in, you could be setting yourself up for serious University researchers, there's evidence that provoking events are likely to wind up with damaging cholesterol. Experts suggest that situations is to be creative and flexible. It's possible to reduce its physiological effects. provoking situation in the same negative LDL cholesterol ranked higher, anger or held it inside. Researchers also who hid their anger slightly more often bad and total cholesterol. Why does (fats) from the tissues into the fatty substances for energy as part of its perceived danger. In some situations, assert your views, which will soon allow control and don't become aggressive.

IAM Peer Employee Assistance



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

November 13-18

EAP I

Placid Harbor, Md.

William P. Winpisinger Center

November 2, 2011

IAH Initial Local Lodge Meeting

November 24, 2011

Thanksgiving

December 25, 2011

Christmas

January 1, 2012

New Years Day