HELPING HANDS

141 eap

Change ***AND*** Stress

(excerpts from FamilyDoctor.org)

What causes stress?

Feelings of stress are caused by the body's instinct to defend itself. This instinct is good in emergencies, such as getting out of the way of a speeding car. But stress can cause unhealthy physical symptoms if it goes on for too long, such as in response to life's daily challenges and changes.

When this happens, it's as though your body gets ready to jump out of the way of the car, but you're sitting still. Your body is working overtime, with no place to put all the extra energy. This can make you feel anxious, afraid, worried and uptight.

What changes may be stressful?

Any sort of change can make you feel stressed, even good change. It's not just the change or event itself, but also how you react to it that matters. What's stressful is different for each person. For example, one person may feel stressed by retiring from work, while someone else may not. Other things that may be stressful include being laid off from your job, your child leaving or returning home, the death of your spouse, divorce or marriage, an illness, an injury, a job promotion, money problems, moving, or having a baby.

Can stress hurt my health?

Stress can cause health problems or make health problems worse. It's important to make sure that your symptoms aren't caused by other health problems. Consult with your Doctor if needed.

What can I do to manage my stress?

The first step is to learn to recognize when you're feeling stressed. Early warning signs of stress include tension in your shoulders and neck, or clenching your hands into fists.

The next step is to choose a way to deal with your stress. One way is to avoid the event or thing that leads to your stress--but often this is not possible. A second way is to change how you react to stress. This is often the more practical way. Effective ways of dealing with stress include:

Exercise

Exercise is a good way to deal with stress because it's a healthy way to relieve your pent-up energy and tension. Exercise is known to release feel-good brain chemicals. It also helps you get in better shape, which makes you feel better physically *and* psychologically.

Meditation

Meditation is a form of guided thought. It can take many forms. You can do it with exercise that uses the repetitive motion, like walking or swimming. You can meditate by practicing relaxation training, by stretching or by breathing deeply.

Relaxation

Relaxation training is simple. Start with one muscle. Hold it tight for a few seconds then relax the muscle. Do this with each of your muscles, beginning with the toes and feet and working your way up through the rest of your body, one muscle group at a time. Stretching can also help relieve tension. Roll your head in a gentle circle. Reach toward the ceiling and bend slowly side to side. Roll your shoulders.

Breathing

Deep, relaxed breathing by itself may help relieve stress (see the box to the right). This helps you get plenty of oxygen and activates the relaxation response, the body's antidote to stress.

Steps to deep breathing

-Lie down on a flat surface.

-Place a hand on your stomach, just above your navel. Place the other hand on your chest.

-Breathe in slowly and try to make your stomach rise a little.

-Hold your breath for a second.

-Breathe out slowly and let your stomach go back down.

www.USA.GOV

Government Resources Made Easy

USA.gov is the official US portal to federal, state, local, tribal, and international government information and services. It offers several features to help you find what you want quickly and easily. If you're looking for personal government assistance, www.usa.gov is an omnibus web site for governmental services. There are links to every federal government agency.

Some of the topics covered on the web site:

* Benefits and Grants; Businesses and Nonprofits; Consumer Protection; Consumer Publications; Defense and International Environment; Energy; Agriculture; Family; Home; Community; Government Sales and Auctions; Health and Nutrition; History; Arts and Culture; Jobs and Education; Money and Taxes; Public Safety and Law; Public Service and Volunteerism; Reference and General Government; Science and Technology; Travel and Recreation; Voting and Elections and many more

How to Use USA.gov

USA.gov is reasonably simple to use to find information. Simply navigate to the main USA.gov home page and enter a query i.d. in the search box in the top right hand corner. USA.gov has numerous directories: a general search will yield a wealth of information for whatever you may be looking for. It is a great resource for EAP representatives

IAM Peer Employee Assistance

The heart and soul of the District 141 Employee Assistance Program are 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 gather information about 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 address the difficulty you are experiencing.

Calendar

2013 - 2014

March 2-7, 2014
EAP-I
William W.Winpisinger
Education Center

April 6-11, 2014
EAP-II
William W. Winpisinger
Education Center

June 1-6, 2014
EAP-III
William W, Winpisinger
Education Center

July 13-18, 2014
Labors Assistance Professional Conference
Las Vegas, Nevada