

HELPING HANDS



How to Deal with Unexpected Change

(excerpts from www.toknowmyself.com)

When unexpected change happens - what do you do?

First: get rid of unwanted options your subconscious mind will create that are not helpful. Start to dig for new ideas. You will be amazed how you can find new ways to deal with your problems instead of feeling depressed and hopeless.

Being prepared to face changing conditions will also make you feel less disappointed when bad things happen. Try to avoid being pessimistic and work to accept change as a fact and develop all of the options available to you. Do not panic when something bad happens.

Unexpected change is a part of our everyday lives. All of us face unexpected situations every day. Try to find useful solutions for dealing with them. This may mean changing your behavior, or changing how you look at things. Talking with friends and people you can trust will help develop solutions that can get you through even the most difficult changes. Other people will help you, if you can let them know what is happening. Build a resource list that includes people who have experience in areas you don't.



Consider yourself a manager of your own life.

When something unexpected happens, try to change the way you approach your problem. Be flexible, study the situation, and seek advice from experts and others who have gone through the changes you are experiencing. In short, do something! Even if you end up doing something that doesn't resolve your situation, you have learned what NOT to do. You also have more information about what can help you through the changes you are facing, as well as what is not helpful. Allow yourself some time to feel sad and down about your experience, and process those feelings. Then get to work on how to face the changes successfully.

Just like water takes the shape of any container it's put into, you can also adapt to any new conditions or problems that face you.

Final Words about Handling Unexpected Changes.

If you were sitting in a lit room when suddenly the light went out you may not see anything for a few seconds. Gradually, you will start to see the objects around you. This happens because your eyes adjust to the darkness by allowing in more light. This is how your body and mind operate. Adapting to change is something that your body already does naturally - don't go against your nature. Adapt and find a solution to the new situation you encountered. Find people and resources that can help - use them to adapt to your new environment and circumstances. Seek help in dealing with the emotions of the change. We all resist change when it is new to us. There are good aspects of any change as well as the negative aspects. Discover the good things that will make your life easier, less complicated or time consuming. Once you start to see the positive nature of the change - it will become less difficult and you will be more prepared to accept the situation.



Summertime Self-Care

(excerpts from www.psycebtal.com, By MARGARITA TARTAKOVSKY, M.S.)

This summer consider the activities that will nurture your many needs, and help you enjoy yourself!

1. Plan a vacation or staycation. Where you go isn't as important as taking the time to do something for yourself. Take a road trip to a place that's especially beautiful in the summertime, enjoy the sights and sounds of your own city.
2. Take a break from technology. Try not using technology, such as your smart phone, laptop or tablet, an hour or two before bed or take an entire day off from technology.
3. Focus on effective tasks. Engage in projects that will provide the biggest benefits.
4. Spend time near water. The sound of moving water is soothing and helps bring clarity. This could be anything from a stream to an ocean or swimming in a pool.
5. Savor fresh foods. In the summertime, many delicious fruits and vegetables are in season. Try a new fruit or veggie every week.
6. Go for a walk. Walking reduces stress and is attributed to causing moments of inspiration. It is especially beneficial to take a stroll in natural surroundings. Leave your iPod at home
7. Spend time outside. Pick an outdoor activity that truly brings you joy. Some ideas include:gardening, hiking, biking, swimming, golfing, berry picking and exercising outside.
8. Do something out of your comfort zone. Try a new sport; experience the great outdoors in a new way like hiking, fishing or even backyard (or rooftop) camping.



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.

CLE IAM EAP Coordinators

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Calendar 2014

July 13-18, 2014

Labors Assistance Professional
Conference
Las Vegas, Nevada

September 29-October 3

EAPA World Conference
Lake Buena Vista Hilton,
Orlando, Florida

October 5-10, 2014

EAP-III
William W. Winpisinger
Education Center

November 9-14, 2014

EAP-I
William W. Winpisinger
Education Center