



# Helping Hands



## Coping Strategies for Difficult Situations

(excerpts from Centre for Studies on Human Stress)

Coping with difficult circumstances is challenging. Here are some strategies to use to effectively cope with trying situations :

### Be positive!

\*Look at each obstacle you encounter as a learning experience

-You may not have done well with a task, but you learned what DIDN'T work - meaning you have learned what not to do next time. How can that help you learn what you can do to be more successful next try?

\*Make the choice not to over-react to stressors and deal with them one at a time

-take a few deep breaths and start to develop some solutions

\*Take an objective view of your stressor

-It seems like a dire situation right now - what will it be like after you have had time to think about it and find some solutions?

\*Communicate!

\*Don't ruminate or bottle up your emotions, as this may lead to additional problems later on.

\*Accept yourself (and others).

\*No one is perfect and there is always room for mistakes.

\*Make connections with people

\*Social support is key!

\*Deal effectively with mistakes

-Learn from your mistakes and apply them to future decision making.

\*Deal effectively with successes also!

\*Develop self-discipline and control

-develop skills that will help resolve problems in a way that works for you

\*Maintenance!

\*Practice, practice, practice for a long life of resilient living!

### REMEMBER...

Coping is a very complex process, that varies according to many variables such as the situation, the evaluation of the situation, and the resources available.



## More on Marijuana

(excerpts from [www.drugabuse.com](http://www.drugabuse.com))

### Rising Potency

The amount of THC in marijuana samples confiscated by police has been increasing steadily over the past few decades. In 2012, THC concentrations in marijuana averaged close to 15 percent, compared to around 4 percent in the 1980s. For a new user, this may mean exposure to higher concentrations of THC, with a greater chance of an adverse or unpredictable reaction. Increases in potency may account for the rise in emergency department visits involving marijuana use. For frequent users, it may mean a greater risk for addiction if they are exposing themselves to high doses on a regular basis. However, the full range of consequences associated with marijuana's higher potency is not well understood. For example, experienced users may adjust their intake in accordance with the potency or they may be exposing their brains to higher levels overall, or both.

### Is Marijuana Addictive?

Contrary to common belief, marijuana is addictive. Estimates from research suggest that about 9 percent of users become addicted to marijuana; this number increases among those who start young (to about 17 percent, or 1 in 6) and among people who use marijuana daily (to 25-50 percent). Long-term marijuana users trying to quit report withdrawal symptoms including irritability, sleeplessness, decreased appetite, anxiety, and drug craving, all of which can make it difficult to abstain. Behavioral interventions, including cognitive-behavioral therapy and motivational incentives (i.e., providing vouchers for goods or services to patients who remain abstinent) have proven to be effective in treating marijuana addiction. Although no medications are currently available, recent discoveries about the workings of the endocannabinoid system offer promise for the development of medications to ease withdrawal, block the intoxicating effects of marijuana, and prevent relapse.



## 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 address the difficulty you are experiencing.

United Airlines EAP Airline Coordinator:  
Mike McGovern, 570-350-0497

USAir/American EAP Airline Coordinator:  
Chris Davis, 704-572-4859

Hawaiian Airways EAP Airline Coordinator:  
Maurice Masaki, 808-728-4316

District 141 EAP Director:  
Bryan Hutchinson, 303-229-5117

### 6 Reasons a Union EAP is Valuable to You

1. The union EAP is a free service to members *and their families*.
2. The union EAP is strictly confidential. You can talk with us about things you wouldn't mention to anyone else. We will not discuss your problem with anyone else without your consent.
3. Union EAP peer coordinators will talk with you in a private setting to get a good idea about what is troubling you; assist with locating a resource to help; and follow-up with you to ensure you were able to resolve the problem.
4. Union EAP peer coordinators are easily accessible in the workplace. In many cases, an EAP peer coordinator may be working on the same shift.
5. Union EAP peer coordinators respectfully listen to what you have to say. We understand and empathize with work-related problems. We understand because we are in the same work area and we perform the same work.
6. Union EAP peer coordinators can help you determine *if* there is a problem, and if a professional counselor, therapist, or other resource can help resolve the problem.