



HELPING HANDS

Steps to Making Effective New Year Resolutions

(excerpts from: HEALTH LIFESTYLE by Trish Alan)



There's just something about the short, cold days of winter, the long hours spent indoors and the overindulgence in rich foods over the holidays that inspires us to make changes at the beginning of the New Year. As the New Year brings the opportunity for change, it also brings the occasion for reflection of the personal, professional or physical circumstances in our life we'd like to change, and a reflection on how we created the circumstances we seek to improve in the first place. The areas that most people resolve to change as the New Year dawns include money, sleep, exercise, food, health, personal organization, and relationships.

Balance in all areas of our life is often a goal we aspire to, and since the holidays are often about imbalance—as we rush from one activity to another—the New Year seems like a natural time to reconnect with our mind and spirit to find the personal practices that will support our goal of renewal, rejuvenation and repair of the body, mind and spirit.

We might set goals about feeling better physically, looking better, feeling energized or well rested, having greater productivity, having a stronger body, feeling happier, or being in the flow or being peaceful in our lives. At times circumstances prevent us from making these choices for ourselves and *prioritizing* wellness. In the New Year may be a good time to make a shift: be more kind to yourself; feel better about yourself; examine your relationships with food, exercise, money, and/or work; and release the habits that have formed that are not serving your highest potential.

Here are five things you can get started doing right now to develop effective New Year resolutions:

1. **Reflect with Gratitude**

Practice a daily, mindful exercise reflecting on the many ways your life is abundant. Express your gratitude—what you focus on grows! Celebrate the things that are great in your life. They don't have to be grand; the little things often mean the most. This can be a mental exercise or a written one, recorded in your journal.

2. **Value Yourself**

When you value yourself with a deep appreciation, you will naturally show up for yourself in a much kinder way. Understand, acknowledge and celebrate all the things you do, the many roles you play: parent, spouse, employee, sibling, daughter, son, community volunteer and more. You offer so much to the world: start there with your gratitude and things will begin to shift for you. Recognize the things you do well, and acknowledge the things you can improve upon.

3. **Start by Adding In**

Think in terms of adding things, not taking things away. For example, add more greens to your diet, add more movement to your day, add more laughter and joy. When you add things in, the things that do not serve you seem to *naturally fall by the wayside*, especially when the feeling of deprivation is removed from the experience of change. No one wants to feel deprived of anything; life can be about abundance, joy and gratitude.

4. **Self-speak with Care**

Watch your words, be kind to yourself and *avoid judging yourself* for not achieving the things you want. Resolving to make changes is about finding ways to make choices that support getting control over the things that are important to you, not judging yourself harshly for not having arrived at those things yet or as quickly as you would have liked.

5. **Assess Your Values**

Think about the things you value. What do you want more of? Is it free time, health, adventure, friendship, community involvement, time alone? Consider how can you start to make changes to create these things in your life. Make changes gradually, learning what works and importantly - what doesn't work for you as you are making changes. Think about how your life will feel once you start making changes and how that will bring more of the feelings and experiences you want.



Seasonal Affective Disorder

(excerpts from www.depressedtest.com)

Seasonal Affective Disorder, or SAD, is a distinct form of depression triggered by the reduced level of sunlight during the winter months. As its name implies, the disorder is experienced seasonally and clears up with the onset of spring. Prevalence increases at higher latitudes. SAD most often occurs in younger people, women in particular. Many people are not even aware of this diagnosis and do not seek treatment. All seems well again when the depression lifts in the spring. However effective treatment exists for SAD, so nobody has to suffer needlessly during the winter months.

Symptoms of Seasonal Affective Disorder

- Excessive sleeping, fatigue
- Eating more, carbohydrate cravings, weight gain
- Avoidance of others, withdrawal
- Depressive symptoms, i.e. low self-esteem, low motivation, sadness
- Onset in the fall and early winter
- Has occurred in each of the last two years



Treatment of Seasonal Affective Disorder

Reduced sun light triggers Seasonal Affective Disorder, and it has been found that simulated light can effectively treat it. So-called light therapy uses light boxes to correct the depression brought on by SAD. Light boxes emit balanced spectrum light at a brightness many times that of conventional indoor lighting. While not as bright as sun light, these boxes are able to trigger the same mechanisms inside the brain that regulate mood.



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 Coordinator
Mike "Mac" McGovern, Cell: 570-350-0497

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

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

District 141 EAP Director
Bryan Hutchinson, M.S. Cell: 303-229-5117

Calendar

EAP I-IV Classes
William W. Winpisinger
Education Center

2015

EAP I: January 31-February 6, 2015

EAP II: February 21-February 27

EAP III: April 11-April 17

EAP IV: September 19-September 25

Benefits of Utilizing Your IAM EAP

Employees and their partners and families using direct Employee Assistance Services demonstrate significantly...

- o Greater sense of well being
- o Improved relationships
- o Higher quality of life
- o Better overall functioning
- o Greater life satisfaction after using services.