



HELPING HANDS



2018 - A year of Renewal

(excerpts from The American Genius, Author: Taylor Leddin)

25 quotes about Renewal

1. "Start by doing what is necessary, then do what is possible, and suddenly you are doing the impossible." – Francis of Assisi
2. "Success is liking yourself, liking what you do, and liking how you do it." – Maya Angelou
3. "Find something you're passionate about, and keep tremendously interested in it." – Julia Child
4. "Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning." – Albert Einstein
5. "You must learn a new way to think before you can master a new way to be." – Marianne Williamson
6. "Progress is impossible without change, and those who cannot change their minds cannot change anything." - George Bernard Shaw
7. "The best preparation for tomorrow is doing your best today." – H. Jackson Brown Jr.
8. "If opportunity doesn't knock, build a door." – Milton Berle
9. "Believe you can and you're halfway there." – Theodore Roosevelt
10. "Coming together is a beginning; keeping together is progress; working together is success." – Henry Ford
11. "Success is not final, failure is not fatal: it is the courage to continue that counts." – Winston Churchill
12. "Action is the foundational key to all success." – Pablo Picasso
13. "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." – Albert Schweitzer
14. "Success is nothing more than a few simple disciplines, practiced every day." – Jim Rohn
15. "Happiness lies in the joy of achievement and the thrill of creative effort." – Franklin D. Roosevelt
16. "It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things." – Leonardo da Vinci
17. "I've failed over and over and over again in my life and that is why I succeed." – Michael Jordan
18. "Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation." – Brian Tracy
19. "Some people say I have attitude – maybe I do... but I think you have to. You have to believe in yourself when no one else does – that makes you a winner right there." – Venus Williams
20. "Intelligence is the ability to adapt to change." – Stephen Hawking
21. "We must accept finite disappointment, but never lose infinite hope." – Martin Luther King Jr.
22. "You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own." – Michelle Obama
23. "With the new day comes new strength and new thoughts." – Eleanor Roosevelt
24. "Infuse your life with action. Don't wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth." – Bradley Whitford
25. "You are never too old to set another goal or to dream a new dream." – C.S. Lewis





Building Resilience

(excerpts from The Psychology Help Center, The Road to Resilience, American Psychological Association)

Make connections. Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel better as you deal with difficult situations.

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you *can* alter.

Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"



Act on adverse situations as you can. Take decisive actions, rather than detaching completely from problems and stressors and wishing they would just go away.

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. 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.

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2018 EAP Classes

William W. Winpisinger
Education/Technology
Center

EAP I

February 18-22,

September 30-October 5

EAP II

April 15-20

EAP III

June 24-29

EAP IV

September 16-21