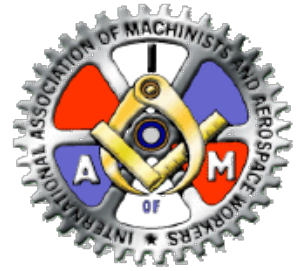




# HELPING HANDS



## Managing Anxiety During the Holidays

(Excerpts from Tapestrync.com)

### 1. Stay Mindful

Staying aware of your thoughts and emotions during the holidays can help you prevent or manage bouts of anxiety. It's easy to let stress and negative emotions consume you if you don't take the time to acknowledge them and try to determine their source. Identifying and addressing the triggers of your anxiety can help reduce symptoms, and **staying mindful** of destructive thought patterns—and correcting them right away—can help prevent it.

### 2. Breathe

Deep breathing immediately reduces the body's stress response, which includes elevated blood pressure, body temperature and heart rate. When you're feeling particularly anxious, find a comfortable place to sit quietly and do some deep-breathing exercises for five or 10 minutes.

### 3. Reduce Your Stress

Stress makes anxiety worse, and finding ways to reduce stress during the holidays is important for your mental health. Make a list of the things that stress you out during the holidays, and think of ways to mitigate them. For example, if finances always seem to cause you stress, as they do most people this time of year, consider asking extended family members, friends and co-workers to reconsider gift exchanges and instead donate time or money to a cause in the family's name. If hosting a gathering is stressful for you, enlist some help.

According to Harvard University, daily meditation goes a long way toward not only lowering stress and anxiety, but also improving the way your body responds to them in the future.<sup>2</sup> Regular meditation also improves self-awareness and mindfulness. Just fifteen minutes of meditation each day can help promote ongoing recovery.

### 4. Practice Self-Care

Taking good care of yourself is central to managing anxiety and staying on top of recovery. This is especially true during the bustling holiday season. Make a point to engage in these essential self-care tasks every day:

- Get adequate sleep
- Mindful movement like yoga or walking
- Stay well-hydrated
- Spend time relaxing and having fun
- Ask for help when you're feeling overwhelmed

Managing anxiety is, in part, a state of mind. This year, tap into the spirit of the holidays and make it a priority to enjoy them. Focus on the relationships you cherish and on nurturing positive thoughts about yourself. Anxiety may still rear its ugly head this season, but if you stay on top of it and treat yourself gently, you'll get through it—and the holidays—intact.



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# Holiday Survival Strategies for Coping with Grief

(Excerpts from VeryWellHealth.com)

## Offer Yourself Some Grace

One of the best things you can do is give yourself permission to feel whatever it is you're feeling. Try not to fall prey to the belief that you have to feel a certain way or do certain things in order to make the holiday "normal." If you feel sad, allow the tears to come; if you feel angry, allow yourself to vent some steam.

## Be Kind to Yourself

It's important that you get the rest and nourishment you need and try not to take on more than you can handle. If you need to be alone, then honor that. If you crave the company and affection of others, seek it out. Do whatever feels right to you during this difficult time.

## Ask For and Accept Help

The holiday season is no time to feign strength and independence when you're grieving a death. You will need the help and support of others to get through; so don't feel as if you are a burden. People generally receive satisfaction and even joy from helping those they care about.

## Find Support

Sharing your feelings is often the best way to get through them and finding people you can talk to will help. Friends and relatives can be a great support during times of grief. However, they might be coping with their own feelings or so immersed in the holidays that they cannot offer the support you need.

## 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 peer 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 peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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## William Winpisinger

Education and Training Center

EAP Courses

EAP I

July 28-August 2 (double Class)

EAP II

April 7-13

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June 16-21

EAP IV

October 27-31

Please contact your Local Lodge Secretary/Treasurer or Local Lodge President for information about enrolling in any EAP course