



Helping Hands



What Is Fear?

(Excerpts from Robert Puff, Ph.D. Sep 21, 2012 in Meditation for Modern Life)

Fears are thoughts that we have created after having a negative experience. We experience a negative event and we reinforce the fear by thinking about it and analyzing its negative impact on our lives. Thus fears are created, perpetuated, and sustained in our minds. Once you have a fear - how can you learn to deal with it effectively?

Two methods to deal with your fears involve breathing and meditation. These techniques train you to quiet your mind, which creates still and peaceful states. Using breathing and meditative techniques can also help you deal with your fears and even conquer them.

Two Strategies to Deal With Your Fear

1. Focused breathing

Using this approach, visualize something that scares you. Imagine being confronted by the fearful circumstance or object. For example, many people have a fear of snakes and are terrified by them. Picture yourself walking into a room filled with snakes, or think of a television program about them. As you think about snakes, breathe as deeply as you can, hold your breath, and then release it. Recognize the fear and acknowledge how it feels unquestionably real. Rather than push it away as fast as you can, try to address the fear by taking deep and extended breaths. Inhale as deeply as you can, hold it for as long as you can. As that fear emerges, keep breathing, and continue to concentrate on your breath whenever the fear surfaces.

The key is to continue focusing your mind on your breath. This technique can be used anytime your fears arise. Because you're concentrating on your breath, you drawing attention away from what scares you. The act of zeroing in on your fears and effectively facing them promotes less stress.

2. Meditation

In a manner similar to focused breathing, meditation involves concentrating on inhaling and exhaling. But unlike focused breathing, you don't hold your breath. Instead breath slowly in and out. As you inhale and exhale, you may find it helpful to repeat a mantra. For example, say to yourself, "I am" as you breathe in and use think of the word "peaceful" as you breathe out. Repeat the phrases over and over again. With practice, your mind will become quiet. Once you have practiced enough, you will be able to get into a relaxed, meditative state. Next, introduce your fear into your meditative practice. Hold on to the meditative state as you recall the fear. If you fear snakes, focus on the slithery serpents. As you visualize what makes you fearful, you'll likely find your body tensing. Keep breathing slowly and deeply until you notice the anxiety and tension subside. Then bring up your fear again, and use your meditative breathing (breath in "I Am," breath out "peaceful") to ease the tension.

Follow this three step cycle:

1. Repeat your mantra with each inhale and exhale
2. Introduce your fear
3. Repeat your mantra

Once you feel like the fear has diminished, imagine yourself being in the same room with your fear as you breathe in and out. When the anxiety takes over, go back to breathing and saying your mantra.

Some fears take longer than others. The strength of your attachment to the fear will determine how hard it is to deal with. If you try both techniques and you're still afraid, don't be discouraged. Overcoming fear takes effort. Meditate twice a day, in the morning and in the evening. Throughout the day, if anxiety surfaces, remember to bring yourself back to focused breathing. By becoming aware of your fears and addressing them through these techniques, you'll find yourself less afraid and you will be able to face your fear easily.



Child Care Resource & Referrals

Child Care Resource and Referrals (CCR&Rs) help parents find child care. Choosing child care is one of the most important decisions families make, and often they must rely on word-of-mouth. Local Child Care Resource and Referral (CCR&R) organizations help parents take the guesswork out of choosing care by providing:

- Referrals to local child care providers.
- Information on state licensing requirements.
- Information on availability of child care subsidies.

CCR&Rs provide guidance by phone, in person, and in other ways, such as the Internet, that are tailored to each family. CCR&Rs support families to raise healthy children by:



- Talking with parents one-on-one.
- Understanding the delicate balance of family life, particularly for families earning low incomes.
- Understanding that finding quality child care is just a first step to raising happy, healthy children.
- Offering workshops, hot lines, and newsletters.
- Reaching out to parents with trusted, local information that enables them to make informed choices.

For a local Child Care Resources and Referral provider go to www.childcareaware.org, find the "free child care search," and enter your zip code. A local CCR&R will help you find an appropriate resource for your situation.

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program are your 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. 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. Your IAM EAP resource is listed below. Please call the representative listed here for help

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

Stay Cool during the to Summer

(from CDC.gov)

Follow these tips to stay cool in the heat

- *Stay in an air-conditioned indoor location as much as possible.
- *Drink plenty of fluids even if you don't feel thirsty.
- *Schedule outdoor activities carefully.
- *Wear loose, lightweight, light-colored clothing and sunscreen.
- *Pace yourself.
- *Take cool showers or baths to cool down.
- *Check on a friend or neighbor and have someone do the same for you.
- *Never leave children or pets in cars.
- *Check the local news for health and safety updates.

