



# HELPING HANDS



## 3 Tips for a Happier Holiday Season

(Excerpts from [ViaCharacter.org](http://ViaCharacter.org) November 16, 2017)

### Avoid Overspending with Prudence



When shopping for gifts, do you like to browse the stores hoping to find inspiration or do you make a list prior to your trip? If the former, you're more likely to overspend. Retailers spend billions of dollars on fancy displays and tempting packaging trying to entice you to buy. The longer you peruse, the more likely you'll spend money on unplanned items. The key is to use prudence and make a detailed list of the gifts you need to purchase before you hit the stores. Create a plan and a budget and you won't be drowning in debt as the new year approaches.

### Avoid Overeating with Self-Regulation

Why does it seem like during the holidays cookies become an acceptable breakfast item? With fun parties to attend and sweet treats everywhere it's easy to overindulge. Self-regulation refers to your ability to control your appetites and emotions. But, what if you are not good at self regulating in certain circumstances? No problem. Dr. Roy Baumeister, a leading researcher in the field, has found that self-regulation is like a muscle and can be strengthened. Don't let the holidays be an excuse to blow your diet—practice saying “no” to food temptations and keep track of what you eat throughout the day. Research shows that starting a daily self-control exercise, like monitoring your food intake, can improve your management of other self-control domains, such as physical exercise, financial management and mood control.



### Embrace the Season with Gratitude



The benefits of practicing gratitude are so rich that a whole year should be dedicated the practice. Gratitude is most associated with life satisfaction, happiness, achievement, building better relationships and improvements in psychological and physical health. It's not quite a panacea...but close. The end of the year is a great time to take stock of the goodness in your life. At the end of each day write down a few things that you are grateful for. This simple exercise has been shown to boost happiness and decrease depression for up to 6 months! What better way to make the holidays merry and bright.

# Happy Holidays!

## From Your Employee Assistance Program Team



# Hope

(excerpts from [lifehack.org](http://lifehack.org), Maria Hill)

*hope* hōp/noun, noun: hope; plural noun: hopes

*a feeling of expectation and desire for a certain thing to happen.1. grounds for believing that something good may happen.3. confidence, faith, trust, belief, conviction, assurance; promise, possibility; 4. a feeling of trust.*

When hope exists we engage with our environment more. We give more of ourselves to what we do – as does everyone else around us. Hope engages our creativity and our problem solving skills. It is a factor in our ability to appreciate ourselves and others and our ability to be grateful for our lives. What is wonderful about hope is that it is not Pollyannaish. Hope has a roll up your sleeves and get to work quality. It gets its hands dirty in the business of creating our lives. It values all of the details, skills and challenges that go into creating our world.

Hope requires a willingness to experiment to see what works and what doesn't. Where there is hope, failure to solve a problem is seen as steps on a learning path. Living hopefully simply means taking care of your contribution and supporting the positive evolution of human life. Hope is "progress, not perfection."

Hope is grounded in present reality. Hope helps us use our creativity to solve problems – real problems like quality of life, the development of our potential and our own (and others) well being.

Hope is a link to the past and the future. It enables us to respect the efforts of others even as we learn from their experiences. Hope is what drives us to respect the needs of ourselves and others and our future needs. Hope helps us to be "something larger than ourselves".

## 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

### IAM EAP Airline Chairmen

#### United Airlines

Kathy Ferguson: 703-505-4321, E-mail: [kfborabora@cox.net](mailto:kfborabora@cox.net)

#### American Airlines

Chris Davis: 704-572-4859, E-mail: [chrisx1959@yahoo.com](mailto:chrisx1959@yahoo.com)

#### Hawaiian Airlines

Meki Pei, mobile 808-208-5950, E-mail: [mekipei@gmail.com](mailto:mekipei@gmail.com)

## 2018

William W. Winpisinger  
Education and  
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