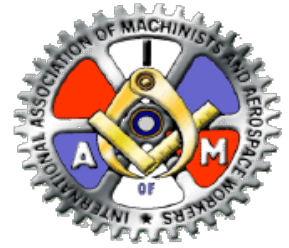




HELPING HANDS



What is Well-Being?

(Excerpts from Berkelywelbeing.com)



Well-being is defined as a sense of health and vitality that arises from your thoughts, emotions, actions, and experiences. When we have well-being, we feel happy, healthy, socially connected, and purposeful most of the time. Because the meaning of well-being is so broad, let's talk more about the different aspects of well-being some more.

Emotional

The ability to practice stress management techniques, be resilient, and generate the emotions that lead to good feelings.

We need to build skills like positive thinking, resilience, and mindfulness. These skills enable us to cope with stress, regulate our emotions and quickly recover from upsets so that we can continue pursuing our goals and go about our lives.

Feel Healthy

The ability to improve the functioning of your body through healthy eating, good exercise habits, and other **healthy habits**.

To develop our physical well-being, we need to increase our understanding of diet, nutrition, and exercise so that we can implement healthy strategies in our daily lives.

Feel Connected

The ability to communicate, develop intimacy with others, and create a support network that helps you overcome loneliness.

To develop our social well-being, we need to build our social skills—skills like gratitude, kindness, and communication. These skills lead others to value their interactions with us, helping us to feel less lonely, insecure, or disconnected.

Feel Fulfilled at Work

The ability to pursue your interests, skills, and purpose at work to gain meaning, happiness, and enrichment in your life.

To develop our workplace well-being, we need to build our professional skills—skills like pursuing our purpose, living our values, and maintaining work-life balance. These skills help us enjoy our work more, helping us to stay focused, motivated, and successful at work.

Feel a Sense of Community

The ability to actively participate in creating a thriving community, culture, and environment.

To develop societal well-being, we need to build skills that make us feel interconnected skills like supporting our environment, building stronger local communities, and fostering a culture of compassion, fairness, and support. These skills help us create and be part of thriving communities that care about one another and the world at large.

Build Your Emotional Well-Being

Develop key emotional skills to start boosting your emotional well-being. Here are some of the skills that research suggests contribute to emotional well-being.

- Mindfulness Skills, Positive Thinking Skills, Resilience Skills, Happiness Skills

Build Your Physical Well-Being

Educate yourself on what, exactly, is required for physical health because it can be complex. Here are some of the things that can help you boost your physical well-being.

- Eat Healthy, Detox Your Body, Figure out Nutritional Deficiencies



Build Your Social Well-Being

Develop key social skills to start boosting your social well-being. Here are some of the skills that research suggests contribute to better social well-being.

- Practicing Gratitude, Building Meaningful Social Connections, Managing Your Relationship with Technology, Overcoming Loneliness

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Build Your Workplace Well-Being

You can make an impact on your well-being at work by pursuing purposeful activities, living your values, and ensuring you maintain good work-life balance are some of the key skills you need for workplace well-being.

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

personal time to members and are experiencing EAP peer make clinical evaluations, trained to make of your



volunteer their assist other union their families who personal difficulties. volunteers do not diagnoses or clinical however, they are a basic assessment situation and refer

you to an appropriate resource for a more detailed evaluation. EAP peer volunteers will follow up to ensure you have been able to access services that address the difficulty you were experiencing.

IAM EAP Airline Chairmen United Airlines

Tony Rodriguez, 303-525-3334

E-mail: iameaptony@gmail.com

American Airlines

Chris Davis: 704-572-4859,

E-mail: chrisx1959@yahoo.com

WWW EAP Classes 2023

Contact your Local Lodge Executive Board to enroll in EAP courses

EAP I

January 15-20

EAP II

February 12-17

EAP III

September 10-15

EAP IV

December 10-15