

Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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HELPING INDUSTRY VETERANS FOR NEARLY 80 YEARS.

ASK A PIONEER

Q1 WITH ALL THE HEALTH TRENDS OUT THERE, HOW DO I KNOW JUICING WILL ACTUALLY BENEFIT ME? AM I BETTER OFF JUST EATING MY FRUITS AND VEGGIES?

A1 According to the Mayo Clinic, “There’s no sound scientific evidence that extracted juices are healthier than the juice you get by eating the fruit or vegetable itself.” The main difference is that with the whole fruit or veggie, your digestive tracts receive the added benefit of fiber, which plays a part in good colon health. Consuming whole foods—unprocessed foods that are not mixed or preserved with chemicals or unnatural additives—is a beneficial goal to strive for.

Q2 I FEEL LIKE I AM ALWAYS BUSY AND CANNOT SEEM TO CATCH UP. HOW CAN I GET MORE BALANCE IN MY LIFE?

A In an effort to accomplish more, we can find ourselves actually accomplishing less. When we focus too much on external goals and commitments, the joy we’d hoped to derive from them can turn to frazzle. We simply feel too busy and frazzled to enjoy them.

Shifting the focus to what’s inside—our higher, deeper, or truest self—helps reduce pressure. Ask, what am I really trying to accomplish, and why? Is it love, obligation, habit, or something that no longer serves you?

Meditation, solitary walks, prayer, journaling, and simply sitting quietly for five minutes can help you reconnect to your inner self and its innate sense of calm and well-being. Experience the benefits in real time by giving yourself a few extra minutes to get to an appointment. This will give you time to sit and observe, creating a feeling of balance.

Try the mindfulness meditation in this issue and contact our social workers for more tips.

— INDUSTRY QUOTE: —

“

I AM PROUD TO WORK IN AN INDUSTRY THAT TAKES CARE OF ITS OWN. IF YOU KNOW SOMEONE WHO HAS FALLEN ON HARD TIMES, THE PIONEERS ASSISTANCE FUND IS ONLY A PHONE CALL AWAY.”

— DAN FELLMAN, WRMPF BOARD MEMBER

HEALTHY TRAILS TO YOU

USE THIS SILENT MEDITATION TO CALM YOUR MIND, RELAX YOUR BODY, AND NOURISH YOUR SELF-AWARENESS. IT CAN BE DONE JUST ABOUT ANYWHERE WHETHER YOU ARE ALONE OR IN A CROWD.

TAKE A SLOW BREATH.

TELL YOURSELF THIS:

FOR THIS MOMENT I TURN MY ATTENTION INWARD.

MY BREATH MOVES THROUGH MY BODY.

I NOTICE. I WAIT. AND LISTEN.

SOMETHING AWAKENS INSIDE ME.

I REACQUAINT WITH MY INTERNAL COMPASS, MY TRUE SELF, AND MY NATURAL CONNECTION TO THE WORLD - INSIDE ME AND OUTSIDE ME - THAT HAS BEEN THERE ALL ALONG, WAITING FOR ME.

FOR MORE THOUGHTS ON HEALING,
CLICK HERE

WILLSPIRATIONAL

TOO MANY PEOPLE
SPEND MONEY THEY
HAVEN'T EARNED,
TO BUY THINGS THEY
DON'T WANT, TO
IMPRESS PEOPLE THAT
THEY DON'T LIKE.

-WILL ROGERS

BUCK UP BUCKAROOS

Paying off debt involves understanding what you owe, to who, and why. With credit card debt, for example, dig out bills or check the accounts online. Examine the charges. Discovering patterns of spending can serve to help you change the behavior in the future.

Debt payoff calculators compute the time needed to pay each loan at the current rate and show the amount of interest. They are free online; for example at Credit Karma or Bankrate.

Finally, contact our social workers for help with managing stress related to having debt.

YOUR MONTHLY COWPOKE JOKE

“Knock Knock”

“Who’s There?”

“Dishes”

“Dishes Who?”

“Dishes Sean Connery.”

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