



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 WHEN I WAS YOUNGER, I REALLY LOVED THE SUMMER MONTHS, BUT NOW THEY DON'T FEEL MUCH DIFFERENT THAN OTHER TIMES OF THE YEAR. CAN I GET BACK THAT FEELING AGAIN?

A1 We equate summer vacation with freedom - a welcome change from the rigors of school.

Recreate that magical line of demarcation with your own rituals to re-ignite the joy. Perhaps:

- Try a sunset walk or evening excursion to a beach or park.
- Experience early morning solitude in a hammock or on the yoga mat right in your own backyard.
- Leave technology behind and camp locally or find a day spot with fire rings for a safe cookout and bonfire.

Remember, you don't have to travel far (or at all!) to bring summer into your heart.

Q2 I HAVE SO MUCH IN MY LIFE TO BE THANKFUL FOR BUT SOMETIMES I FEEL DEPRESSED. WHAT CAN I DO TO HELP THIS FEELING?

A2 The Human Givens Institute created The Emotional Needs Audit to identify the areas

of our life that need attention. The questionnaire helps pinpoint just how well our innate (inborn, natural) needs are being met. For example: "Are you being mentally and/or physically stretched in ways which give you a sense that life is meaningful?" Evaluating how well our own needs are met is a great launching point to boost mood and lessen depression.

Even with a job you like, good relationships, and fulfilling activities, you might be neglecting something important, possibly out of habit. This can lead to sadness, depression, and also guilt because everything else in your life seems "great." Contact our social workers for your own copy of The Emotional Needs Audit and to discuss concerns.



INDUSTRY QUOTE:

“IT IS AN HONOR TO BE A PART OF A CHARITY THAT IS DESIGNED TO ENABLE ITS RECIPIENTS TO LIVE THEIR LIVES TO THE FULLEST. OUR INCREDIBLE SOCIAL WORKERS CONSISTENTLY TREAT OUR PIONEER FAMILY WITH SUCH RESPECT AND DIGNITY. THEY ARE ALWAYS AWARE OF HOW MUCH WE CARE ABOUT THEM.”

—RORY BRUER
WRMPPF Board Member

HEALTHY TRAILS TO YOU

Self-awareness is a facet of mindfulness. So is knowing how to respond to our own needs. When we meet our own needs first, life may not be perfect but it seems calmer. We typically have more of ourselves to give to others, too.

One way to be mindful is to use your body as a kind of a treasure map and follow its clues. When upset, do you get a stomachache? A headache? Or do you become exhausted and irritated? What are these clues trying to tell you? Perhaps your "happiness" is too intertwined or dependent on another person's behavior. Maybe you've grown afraid to speak up but don't know why - or are fuming and cannot stop. Observe, notice, and try not to judge.

Some problems are easily solved by shifting directions in real-time - changing jobs, moving schedules, dropping a draining commitment. Others are rooted in past patterns, the origins of which may need further sorting. Contact our social workers to discuss what might be triggering your emotions and to explore ways to relieve some of the stress.

WILLSPIRATIONAL

THE ONLY TIME
PEOPLE DISLIKE
GOSSIP IS WHEN
YOU GOSSIP
ABOUT THEM

-WILL ROGERS

BUCK UP BUCKAROOS

NEGOTIATING CREDIT CARD HIGH INTEREST RATES

If you maintain a credit card balance - especially if your balance fluctuates up - low interest rates are essential. Call and ask your credit card company for a lower rate. Be prepared to answer their questions about your balance, payment, and credit history, as these factor into rate adjustments. Lay out what's changed in your finances - for the better or the worse - and your plans to address either. [This article](#) offers an excellent script to use when you call, as well as information to help prepare for your request.

YOUR MONTHLY COWPOKE JOKE

My wife told me I had to stop acting like a flamingo. So I had to put my foot down.

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