

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 MY MOM SEEMS TO BE ISOLATING HERSELF AFTER MY DAD DIED. WHAT CAN I DO TO HELP??

A1 Help your mom find new avenues to connect while she grieves the loss of you dad. Both are essential to good mental health. Start slow but steady, doing something new each day, even for a short time. Quality is more important than quantity; finding people and activities that are meaningful are perfect antidotes to loneliness. Even making eye contact and smiling, when she is down, is a huge accomplishment as is simply saying “hi” to someone new; encourage her to do both. No one thing need take the place of what she shared with your dad, nor could it. According to Dr. John Cacioppe, of the University of Chicago, a leading expert in the science of loneliness: design the “level of interaction that feels comfortable and build from there.”

Call our office for a free copy of his article.

Q2 I AM HAVING SOME HEALTH ISSUES THAT ARE MAKING ME WANT TO STAY IN BED. HOW CAN I MOTIVATE MYSELF WHEN I FEEL DOWN?

A2 The answer might be as simple as enjoying the things you always loved, but in new ways. Make your goal the willingness to be willing to try something a little different than you’re used to doing

For example:

- Trade an outdoor garden for a potted herb garden
- Swap cooking for crockpot recipes
- Switch rigorous exercise for chair yoga
- Instead of meditation class try an app like Calm or Insight Timer on your smart phone
- Keep moving! Adjust your exercise accordingly

For more ideas, check out the Healthy Trails section for more mood boosters.

INDUSTRY QUOTE:

“ALTHOUGH WE ARE ALL SO FORTUNATE TO BE MEMBERS OF THE ENTERTAINMENT INDUSTRY, AT TIMES THERE ARE SOME OF US LESS FORTUNATE THAN OTHERS. THROUGH THE GOOD PEOPLE BEHIND THE PIONEERS ASSISTANCE FUND WE ARE EMPOWERED TO MAKE THOSE FOLKS WHO MAY HAVE FALLEN ON HARD TIMES MORE COMFORTABLE.”

— BOB LENIHAN, WRMPF BOARD MEMBER

HEALTHY TRAILS TO YOU

If stress or a setback has you down, try these simple mood boosters for a quick reset.

- Soak up natural sunlight - go outside
- Watch a comedy or standup - something that makes you laugh
- Make, write or paint something
- Walk instead of jog (works in the pool, too)
- Stay in touch with friends and neighbors
- Revisit old photos and mementos
- Read a book—or reread your favorite book
- Visit with animals
- Listen to your favorite music

Contact our office for an article and more tips.

WILLSPIRATIONAL

THE WORST THING THAT HAPPENS TO YOU MAY BE THE BEST THING FOR YOU IF YOU DON'T LET IT GET THE BEST OF YOU.

-WILL ROGERS

BUCK UP BUCKAROOS

MAKE THIS A JUST-RIGHT HOLIDAY SEASON

Revisit the meaning of the season when you shop. Focus on the person. What makes their heart happy? Now, get creative!

Ways to save:

- Find treasures in thrift stores and library book shops.
- Re-gift an item you know the recipient loves.
- Agree to treat each other to coffee or tea
- Impose a spending limit on yourself and stick to it - make this part a game

Alternatively, opt for homemade. Enlist kids, grandkids, relatives and friends to help. You'll rediscover exactly what the holiday season is for - quality time to share and remember.

YOUR MONTHLY COWPOKE JOKE

Why did the old man fall in the well?

Because he couldn't see that well.

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