



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 I GET ANXIOUS WHEN I NEED HELP BECAUSE I DON'T WANT TO BE JUDGED OR SEEN AS NEEDY IF I ASK FOR ASSISTANCE.

A1 If you learned (directly or indirectly) that asking for help makes you weak (or beholden to others), then showing vulnerability will send your anxiety meter through the roof. But asking for help is a good sign, signaling your natural longing for support and community.

If anxiety strikes when you need support, understand that *not asking* might be making things worse. Why? Because you're fighting the natural instinct to reach out. We all are both - givers and receivers - at any given time, whether we realize it or not.

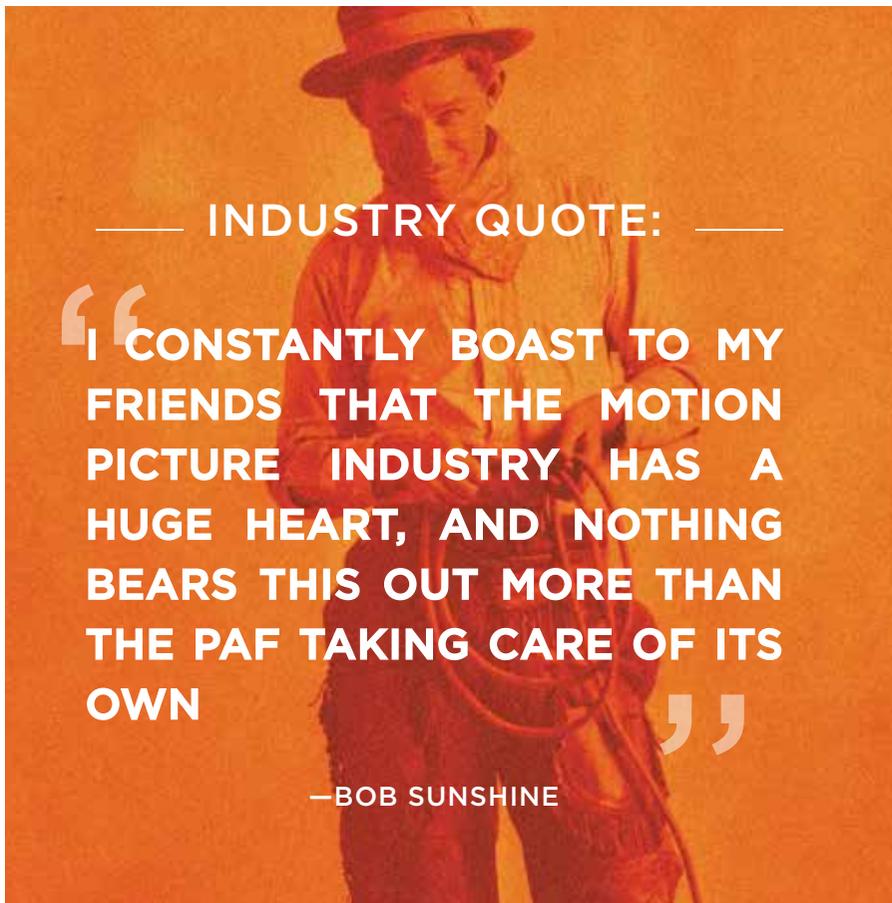
Ease into asking. "Would you mind?" or "I'd love your opinion" are great starters. By inviting another's assistance you'll help them bring meaning into their life - and permission to ask you for help, too.

Q2 SOMETIMES AT WORK MY HEART RACES AND MY PALMS SWEAT FOR NO APPARENT REASON. THE MORE I TRY TO TALK MY BODY OUT OF IT, THE LONGER IT LASTS. IT CATCHES ME OFF GUARD.

A2 Barring a medical issue, what you describe sounds like your body's response to mild anxiety. Something is being triggered on a deep, subconscious level. Your body reacts, but for seemingly no identifiable reason. The trigger is internal.

For mild anxiety, try the simple 5-step AWARE method (see the **Healthy Trails to You** section). You will not be required to fight your anxiety or outthink it. Instead, you'll be prompted to notice it with the same curiosity reserved for new and interesting things you like.

If anxiety persists, call our social workers, or seek help from a licensed therapist.



INDUSTRY QUOTE:

“ I CONSTANTLY BOAST TO MY FRIENDS THAT THE MOTION PICTURE INDUSTRY HAS A HUGE HEART, AND NOTHING BEARS THIS OUT MORE THAN THE PAF TAKING CARE OF ITS OWN

—BOB SUNSHINE

HEALTHY TRAILS TO YOU

THE 5-STEP AWARE METHOD

Accept the anxiety. Don't fight the feeling; simply be with it.

Watch your anxiety. The ability to observe its signals helps you recognize that the anxiety is separate from you.

Act with the anxiety. Breathe steadily, relax, and loosen up - then go about your business. This helps de-condition the anxiety, and, over time, lessens its grip.

Repeat the steps. Practice helps create a healthier automatic response.

Expect the best. And continue to refine useful ways to manage anxious feelings.

The AWARE Method was first created by Dr. Aaron Beck. Visit: http://www.specialtybehavioralhealth.com/assets/PDF/anxiety/AWARE_Model.pdf for more information

WILL SPIRATIONAL

THE BEST WAY
OUT OF A
DIFFICULTY IS
THROUGH IT.

-WILL ROGERS

BUCK UP BUCKAROOS

Stress about money is real - whether it's about having enough or spending too much. And what about if you don't have enough and overspend anyway? If any of these apply to you, read on.

Stress spending is a form of anxiety. Bringing our awareness (rather than judgement) to our patterns is crucial in gaining clarity and curbing overspending. Our social workers can help you figure out what you have, what you need, how to better tame finance-related issues, and identify the real source of your stress spending. Call us today.

YOUR MONTHLY COWPOKE JOKE

What do you call a dog that does magic tricks?

A labracadabrador

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