

# 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 HAVE HEARD THAT YOU CAN GET BURNED OUT AT WORK BUT WHAT ABOUT IN YOUR RELATIONSHIPS?**

**A1** Burnout, a symptom of imbalance, affects personal relationships. Exhaustion, boredom, overwhelm, and resentment are some warning signs that it might be happening.

Burnout stems from focusing too much on one's partner, child, relative, or friend. True, compassion is a beautiful quality to bring to a relationship, but there is a difference between caring about someone and constantly taking care of them. One enriches your life, the other burns you out. Continually making others your number-one priority-before meeting your needs-slowly morphs into obligation and resentment. Pretty soon it feels like there is no end in sight.

The Human Givens have designed a 10-question Needs Audit that will help you identify what areas of your life you may need to place more attention. Call our social workers today to receive a free copy.

**Q2 I FEEL LIKE THIS SUMMER FLEW BY AND IT SCARES ME TO THINK ABOUT. IS THERE ANY WAY I CAN SLOW THINGS DOWN?**

**A2** What scares you? Typically, people worry about there not being enough time to do all the things they hope to do. But rather than doing more perhaps we need to try sinking into the moment and the meaning of what we are doing. This type of mindfulness can help lessen fear about time slipping by.

Be in the moment but, likewise, notice yourself being in the moment. This slows down the perception of time and helps weaken the worry of life moving too fast. It's a simple grounding exercise-easy to practice anywhere and everywhere-that can bring meaning to your experiences, too.

For more tips or for a supportive, listening ear, please contact our social workers.

— INDUSTRY QUOTE: —

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**THE PIONEERS, WHAT AN AMAZING CONCEPT. IN TODAY'S INDUSTRY OF CONSOLIDATION AND MERGER, THE PIONEERS ASSISTANCE FUND BECOMES MORE KEY TO HELPING FOLKS THROUGH UNEXPECTED HARD TIMES.**

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— BRUCE SNYDER, WRMPF BOARD MEMBER

# HEALTHY TRAILS TO YOU

MEDITATION: SELF CARE: WHAT IS YOUR BODY TRYING TO TELL YOU?

EMOTION AFFECTS THE BODY. IT CAN CAUSE FATIGUE, SADNESS, AND PHYSICAL DISCOMFORT. WHEN THE BODY OFFERS SUCH CLUES, LISTEN.

SOMETIMES OUR MINDS ALONE CANNOT PROCESS THE ENORMITY OF SOMETHING-EVEN IF THAT SOMETHING DOESN'T SEEM "HUGE"-BUT TO YOUR INNER SELF, IT IS. BIG AND SMALL LIFE CHANGES CAN AFFECT OUR HEALTH. CALL YOUR HEALTHCARE PROVIDER TO GET ACHES AND PAINS CHECKED OUT AND CALL OUR SOCIAL WORKERS FOR A WAY TO DEAL WITH THE STRESS THAT MIGHT BE CAUSING THEM.

WILLSPIRATIONAL

GET SOMEONE ELSE TO BLOW YOUR HORN AND THE SOUND WILL CARRY TWICE AS FAR.

-WILL ROGERS

## BUCK UP BUCKAROOS

I spent a lot over this summer on vacation and now it seems like the holidays will be here soon....

If you overspent during the year, call our social workers for help creating a budget that is livable and realistic.

For this year's gifts consider:

- Crafting something homemade or handwritten
- Donating a small sum of money to charity
- Volunteering time in lieu of money
- Gifting with meaningful service: babysitting, dog-walking, cooking lessons, closet cleaning
- Finding ways to create memories you can reflect on long after the holidays have ended

## YOUR MONTHLY COWPOKE JOKE

So what if I don't know what Armageddon means?

It's not the end of the world.

LEARN MORE AT [WRPIONEERS.ORG](http://WRPIONEERS.ORG)

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