



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 AM MOVING NEXT YEAR AND I HAVE STARTED TO CLEAN MY CLOSETS. I OWN SO MUCH THAT I DON'T USE BUT CAN'T LET GO. CAN YOU HELP ME MOVE ON?

A1 As you mention, it can be difficult to purge items you've splurged on, especially unused ones. Facing evidence of money (and time) wasted is hard. Shame and remorse find ways to halt progress.

Unacknowledged shame interrupts the natural flow of life, which includes letting go. It makes us hold on to things that don't serve us—things, but also people and places (for example, a job). It might be what's making your closet so hard to face.

If you suspect this is happening, call our office and speak to one of our social workers.

Q2 I'VE NOTICED MY FRIEND SHOPS WHEN SHE IS ANGRY OR DISAPPOINTED. WHEN DOES SOMETHING LIKE THIS BECOME AN ADDICTION?

A2 Behaviors can turn addictive slowly or quickly, over long periods of time or in a matter of weeks. Every person's brain reacts differently to the perceived reward of a particular substance (as in cigarettes or alcohol) or activity (say, shopping or gambling).

Addictions can begin innocently. Shopping distracts us, for example. The brain releases dopamine and the rush of happiness and excitement overpowers sadness or anxiety. But the "high" is artificial; we need the behavior (or substance) to maintain it. So, we return for more.

If a person cannot stop the behavior, or if they try to stop but continue to crave it or obsess about doing it, an addiction has likely taken hold.

If you're concerned about an addiction, our social workers can help. Call today.

Read more at Human Givens <https://www.hgi.org.uk/useful-information/what-addiction-how-beat-it>



— INDUSTRY QUOTE: —

“ I HAD TO GET ORAL SURGERY AND DID NOT KNOW HOW I WAS GOING TO AFFORD IT. VERY SCARY STUFF, BUT WHEN I HEARD ABOUT THIS PROGRAM I APPLIED RIGHT AWAY. WHAT A GIFT! ”

—PAF CLIENT

HEALTHY TRAILS TO YOU

BE KIND AND WATCH THE BENEFITS

Kindness implies gentleness with others - and ourselves. Tiny gestures add up. Done with intention, some very simple acts of kindness include:

- A smile
- Letting someone go first
- Holding the door or elevator
- Giving a compliment
- Actively listening and simply paying attention
- Saying a quick but earnest hello

Being kind enables us to notice the unexpected gifts of kindness we've been given, too. Meaning we are rewarded twofold, both in giving and in receiving.

Show us your acts of kindness by posting them on social using the hashtag #WILLbekind. And don't forget to tag us as well so we can repost!

WILLSPIRATIONAL

HALF OUR LIFE IS SPENT TRYING TO FIND SOMETHING TO DO WITH THE TIME WE HAVE RUSHED THROUGH LIFE TRYING TO SAVE.

-WILL ROGERS

BUCK UP BUCKAROOS

MINDFUL SHOPPING EXPERIMENT

Many people use shopping to relax then buy things they don't need—this goes for groceries, too.

The next time you visit the market or mall, set an intention to buy only what you came for.

Afterwards, note how you feel. Are you relieved or frustrated? Anxious, bored, irritable, or something else? These are valuable clues about what drives you to buy what you don't need and perhaps, deep down, don't even want. Use them to build a foundation of mindful shopping habits.

Call our social workers to learn more.

YOUR MONTHLY COWPOKE JOKE

How do you get two whales in a car?

Start in England and drive west.

LEARN MORE AT WRPIONEERS.ORG

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