

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 READ A GOOD POST ON WILL ROGERS' INSTAGRAM ABOUT WORRY AND IT MADE ME THINK OF ALL THE THINGS I WORRY ABOUT. ANY TIPS TO CONTROLLING THIS? I SOMETIMES LOSE SLEEP AT NIGHT.

A1 Worry is a sign of being too focused on future (or past) events, about outcomes we cannot (or did not) control. Worry zaps our energy and leads to obsessing about things going wrong. All this distracts us from we do have control over. Then we miss real solutions that are hiding in plain sight.

A bit of purposeful action does wonders to calm a worried mind. When worry looms, try these steps:

1. Write down the root problem, the cause of your worry.
2. List actions to chip away at the problem.
3. Take a deep breath and act.
4. Adjust as needed as situations change and problems begin to resolve.
5. Repeat as often as necessary.

Q2 I READ AN ARTICLE ABOUT SETTING GOALS FOR THE NEW YEAR VS. MAKING A RESOLUTION. WHY WILL THIS WORK BETTER?

A2 Setting goals helps you gain a greater understanding about what you really want. So, ask yourself what you would love to do or would like to experience in the coming year.

Say you want to run a marathon. Write down the steps you must take to reach the starting line. If you're not sure, don't fret! Then one of your first steps will be to find out the training involved. Is there a running club you can join? An experienced runner you can chat with? Ask around. As you gather more information, refine the step to your goal. Have fun with it!

INDUSTRY QUOTE:

“ IN 2002, AS THE WILL ROGERS AND PIONEER PROGRAMS WERE MERGED, IT WAS AMID CONCERN ABOUT THE SUSTAINABILITY OF THESE IMPORTANT PROGRAMS. IT IS SO GRATIFYING TO SEE THAT 16 YEARS LATER THE ORGANIZATION IS STRONG AND HELPING MORE PEOPLE, AND IN MORE WAYS, THAN EVER. I AM TRULY AMAZED AT THE INCREDIBLE IMPACT OUR SOCIAL WORKERS MAKE ON THE DAILY LIVES OF OUR FELLOW INDUSTRY MEMBERS IN NEED. ”

— TRAVIS REID

HEALTHY TRAILS TO YOU

MEDITERRANEAN DIET SUPPORTS AGING

The Mediterranean Diet tastes so great it's difficult to call it a diet! Maybe you've discovered its wonderful flavors already. That's good news since there's evidence it can help lower blood sugar and cholesterol and is very good for heart health.

Want to ease into the Mediterranean Diet? Simple! Try to:

- Eat fish, not red meat
- Use olive oil, not butter
- Choose whole grains; avoid processed grains
- Eat fruit and veggies; pass on anything artificially sweetened or deep-fried
- Try Greek yogurt; skip ice cream
- Snack on nuts, not candy

Enjoy!

WILLSPIRATIONAL

A STRANGER IS JUST A FRIEND I HAVEN'T MET YET

-WILL ROGERS

BUCK UP BUCKAROOS

Start the New Year with a handle on your money. Knowing exactly what you have—even if it includes debt—actually can help reduce anxiety about not having enough. Not knowing how much you have or owe creates internal chaos that leads to stress. This is especially true if you are between jobs or looking for work. A realistic budget creates realistic “guard rails” that help keep your spending and saving on track. This article from The Nest offers easy step-by-step ways to create a budget.

Check it out here:

<https://budgeting.thenest.com/organize-home-budget-3436.html>

YOUR MONTHLY COWPOKE JOKE

One day a guy answers his door and finds a snail on his doorstep. The guy picks it up and tosses it into the garden. Two years later, he hears a knock on his door. He opens the door and finds the same snail. And the snail says, “Hey, what was that all about?”

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