

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 CAN TIDYING UP MY CLUTTER REALLY HELP ME THINK MORE CLEARLY?

A1 Even if an item no longer serves a purpose, it clutters our mental space.

Those expensive running shoes that don't quite fit or the new blender that's still in the box? All the energy you spend trying not to think about how you're wasting them amounts to mental clutter. Shoved them in the closet? They still lurk, eating up precious mind power, cluttering your thoughts.

Glance around the room. Notice anything that no longer fits your life today—or tomorrow? Gently let it go. Give yourself time to get used to the extra space both in your home and your head, before bringing something new in.

For more on decluttering visit wrpioneers.org and click on “Will Power Links” in the resources tab.

Q2 I HAVE ANXIETY A LOT AND SOMETIMES WAKE UP WORRYING. WHAT CAN HELP?

A2 Scientific studies using brain imaging, like those by Dr. Richie Davidson at the University of Wisconsin, show that meditation and mindfulness change the structure and pathways inside the brain.

Specifically, retraining the mind to be calmer through mindfulness, which includes paying attention to the circumstances of the present moment can, over time, retrain the amygdala. This is important. The amygdala is the part of the brain connected to fear and panic, and also anxiety.

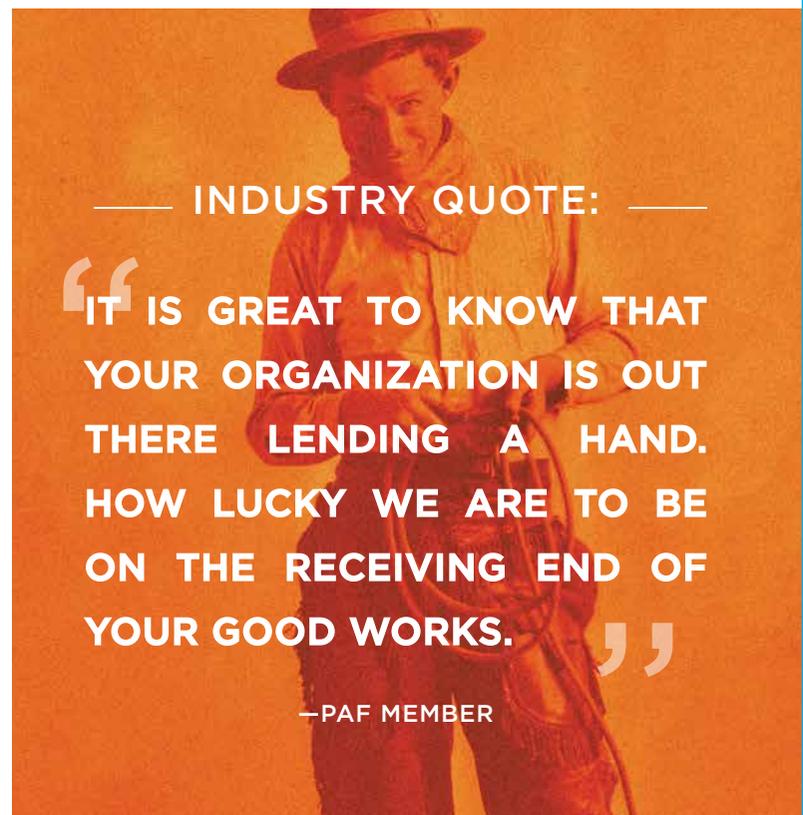
Learn to meditate. There are some wonderfully simple apps to try on your mobile device. Next, approach your day maintaining an observant—not judgmental or opinionated—stance. Notice what crosses your path but resist attaching yourself to it, even in the slightest way. Practice for a month and notice the changes.

For more on mindfulness basics, including links to the mobile apps mentioned above, visit wrpioneers.org and click on “Will Power Links” in the resources tab

— INDUSTRY QUOTE: —

“IT IS GREAT TO KNOW THAT YOUR ORGANIZATION IS OUT THERE LENDING A HAND. HOW LUCKY WE ARE TO BE ON THE RECEIVING END OF YOUR GOOD WORKS.”

—PAF MEMBER



HEALTHY TRAILS TO YOU

REQUIRED READING: FOOD LABELS

With so much information on food labels, where do you start? Try one line at a time. What's most important to you? Perhaps read the ingredients and warnings for allergy triggers. Look at calorie count and serving size to lose or gain weight. If a particular deficiency has been identified, look for those vitamins and minerals. Need low sugar, high protein, or limited salt? Food labels tell you that, too.

Start a healthy habit of reading food labels before you buy.

For a handy article on reading food labels visit wrpioneers.org and click on "Will Power Links" in the resources tab

WILLSPIRATIONAL

FOR THAT'S
ALL THERE IS
TO SUCCESS IS
SATISFACTION.

-WILL ROGERS

BUCK UP BUCKAROOS

Spending themes you would like to change

In March you reviewed the purchases you wrote and tallied in January and February.

Let's say you discovered you buy things when you have a problem. You now realize this as problematic. You're short on money, plus, your original problem still exists.

Start to change in small ways. Perhaps:

- Call a friend before an impulsive purchase to keep yourself accountable.
- Make a daily spending plan and commit to it.
- Give yourself a small allowance—and enjoy it.

These changes can help you gain control over spending one small step at a time.

YOUR MONTHLY COWPOKE JOKE

Knock knock. Who's there? Owls go.

Owls go who?

Yes they do

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