



Local 591 EAP / Member Assistance

Credit IAM EAP, LAP

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Embracing New Beginnings

(excerpts from Declutter the Mind, Rachel Sharpe, December 29, 2022)

As a new year is about to start, it's time to reflect on our past and make way for new things and new beginnings. No matter what challenges you've come across in the past, there are ways to forge ahead to a brighter future. In our lives we'll experience adversity. By making tweaks to our situation, we can improve our situation in the next chapter of our life. Here are some ways to embrace new beginnings.

Know change can be good

When all we've seen in our lives is trauma, hardship, and challenges, it's hard to imagine a world where change could lead to something good. Those with childhood trauma often imagine their adulthood as more difficult, especially if they carry that trauma into their future. All those difficulties taught you something valuable so you can make better decisions about your future. It's normal to experience a fear of change. But it's crucial to remember that change can be a good thing. Let the story unfold and see what surprises and goodness life has in store for you in these new beginnings.



Surround yourself with good people

Having a strong sense of community will help you in your new beginnings. The people in your life will make or break you. If you're around [toxic people](#) who fail to help you, you'll never grow or succeed. If you're around people who lift you up, cheer you on, and want to see you thrive, you'll take more action to keep getting better. They say you're most like the five people you spend most of your time with. So, surround yourself with [happy people](#), successful people, and supportive people if you hope to achieve great things in life. Cut out the people from your life who bring you down. Your job isn't to make people better. Your job is to make you better. And by [improving yourself](#), you'll attract higher quality people into your life.

Tackle new opportunities

As you embark on new beginnings, it's time to look towards new opportunities too. For example, if you realize you're working a job in a negative environment, you might start applying to jobs with higher

employee morale. You might start looking at Glassdoor reviews of companies online before applying. You might interview hiring managers about the company culture. And you might say yes to something new. New opportunities can be found all around. And they aren't all tied to your career. You might look at opportunities to travel, to date someone new, to make a new friend, run an experiment, to start a family, to improve your home situation, learn a new skill, or to start a business.

Take a break

In some cases, new beginnings might require a quick break or pause before moving forward. It's important to know when the past isn't over yet, or we're still not fully healed from past hardships. You'll



take many breaks in life. You'll take breaks from school, relationships, jobs, and more. Breaks are important part of life where we unplug momentarily. Sometimes, you need to turn yourself off to give yourself a break. Recharging those batteries is daily upkeep. Taking time away from work to relax on a beach and not check a single email or Slack message is life changing. Taking a break after a series of projects to re-evaluate your strategy and [improve yourself](#), can help you reset. Hit the pause button when you need to. It's normal and healthy to do this. And it could be just what makes your new

beginning more spectacular.

Celebrate your progress

New beginnings are all about new wins. As you go onto your next life chapter, it's important to track your progress, see how far you've come, and make tweaks. Mistakes, disappointment, and failure will still happen in your new chapter. How you learn, grow, and pivot despite these challenges is what will ultimately play a role in your success. Life isn't without struggle, even when we do everything right. It's unpredictable and there are many moving parts. But celebrate the highs as they come. And learn quick from the lows. Be a champion in your success. Spend some time giving yourself credit for what you have accomplished. Reward yourself for things you have done well. Pat yourself on the back for how far you've come.

Build new habits

Forming [good habits](#) and eliminating [bad habits](#) can be a good practice for new beginnings. It's all about coming in with the new and shedding the old. What happened in the past shouldn't be repeated, so the habits that led to those events should be replaced with new habits. For example, if you got into a relationship with a toxic partner, you might want to create a list of values you want in your next relationship. Then, find someone with those same values. In moments of insecurity, you'll need to build the habit of saying no to something that doesn't feel right to prevent repeating history. You'll reject people who showcase red flags early on, instead of questioning it. And you might listen to your friends, family, and that good old gut instinct when something seems off.

New beginnings are just that - beginnings. The road in life is filled with turns, and roadblocks along the way. Prepare yourself for success by strengthening your mind, body, and willpower. Continue learning from mistakes as they are happening and making changes as needed. Cut out the wrong people and bring in the good folks who aren't afraid to cheer you on when you're crushing it.



Benefits and You.

To the Local 591 Membership:

It's that time again, a lot of members are all getting e mails and texts from support@piedmontpays.com which is Piedmont. Piedmont is the company that UBP hired to collect and distribute money for the insurance products that 591members purchase through UBP. Know there has been no increase in premiums with the exception of life insurance when you reach a milestone age.

We know of quite a few of our members that have attempted to cancel UBP products but for whatever reason the cancelation was not processed. You should go to the [UBP website](#) to ensure that they are covering you for the products you want and ONLY for the products that you want, their website is: twuaunionbenefits.com. If you are enrolled for a product on the website that you do not want or canceled before and they added it back please fill out the cancelation form and send it in ASAP.

We are still seeing cases where 591 members are carrying LTD with AA and also with UBP. You must select one or the other. If you find that you have LTD with AA and also with UBP please notify one of our team members as listed below.

[UBP Cancelation Form](#)

Tony Lepore

international Benefit/EAP Coordinator

940-536-8817

Ken Morse

815 483-8585.

International EAP/Benefit Director

591 CONTACT INFO:

Ken Morse 815 483-8585. Local 591 National EAP/Benefit Director

Tony Lepore 940 536-8817. Local 591 National Benefit/EAP Director

Northeast Region

Tony Lepore - (940) 536-8817 - t.lepore@local591.com National Benefit/EAP Director

Danny Wilson - (631) 334-0933 d.wilson@local591.com Northeast Regional EAP and Benefits Coordinator

Southeast Region

Rawle Skeete (954) 559-7505 r.skeete@local591.com Southeast Regional EAP and Benefits Coordinator

Phil Revollo (954) 665-7383 MIA EAP and Benefit Member Assistance Peer

Central Region

Ken Morse (815) 483-8585 k.morse@local591.com National EAP and Benefits Director

Mark Smejkal (847)757-1954 markj.8001@gmail.com ORD EAP and Benefits Member Assistance Peer

Southwest Region

David Emerline (469) 408-8197 EEMERLINEE07@YAHOO.COM DFW (MLS) EAP and Benefits Member Assistance Peer

Shawn Kelly (952) 454-2879 smkelly591@gmail.com DFW EAP and Benefits Member Assistance Peer

Jake Harrell (817) 709-0046 jakeharrell591@gmail.com DFW EAP and Benefits Member Assistance Peer

West Region

Sean Bruno (310) 594-2025 s.bruno@local591.com West Regional EAP and Benefits Coordinator

Edwin Joseph (310) 709-4755 jord352000@yahoo.com LAX EAP and Benefits Member Assistance Peer

Lean on gratitude

New beginninGs should hAve an emphasis on being gRateful. Come up with a list of things you're grateful for, your verY own [gratitude list](#). When you focuS on grAtitude instead of what you lack, your miNd feels betTer. You wOn't feel like you got the Short end of the Stick, you won't be disgruntled, you will have fewer complainTs about llfe in geNeral. Instead, you'll see all the good things you have that Keep coming your way. And you'll continue to attract more good thingsSbecause of your attitude. An optimistic view of the world helps us in numerous ways that a pessimistic view can't. When we experience gratitude, we're so much happier. Make it your personal mission to express gratitude in life and to look at the world with an optimistic lens.