



## MENTAL HEALTH AND SERENITY DURING STRESSFUL TIMES

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**W**e have come to the end of another hectic and blessed year. When you take the time to reflect on all that transpired, it's very easy to become overwhelmed. We had changes in our lives that will last a lifetime. That's why it is important for us to be willing to admit that we need help! We have so many of our fellow co-workers who are finding it hard to adjust to the major disruptions that occurred in 2021. Schedules and minds had to be recalibrated for many to survive. You would be surprised to know, truthfully, how many people are struggling to live in this life. I am not sure if this is post pandemic or if we are still in the midst of COVID 19.

This is our holiday season. We are appreciative and thankful. We should be counting our blessings: family, faith, health, and so many other things. But sometimes, we find it hard to focus on the good due to the changes COVID 19 has dumped into our lives. We are more isolated from one another than ever before. Even as some of the restrictions are being lifted in some states,

many are still cautious of letting their guards down. Understandable, but still a bit weird. Holiday festivities revolve around family and gatherings with one another. Being unable to do so shakes us to the core.

This is why I want to encourage my Brothers and Sisters to reach out for help. There are numerous resources that are available to you during this time. The death of loved ones, continued separation from our family, and never-ending financial obligations have caused many to experience depression and fear. If you are not sure of where you can get assistance, look no further than the USPS Employee Assistance Program (EAP), which can be a great resource. In the past, many of us knew EAP to be an avenue for employees with addiction issues. If a co-worker mentioned that they had an appointment with the EAP Counselor, it was assumed that they were on drugs or alcohol. Thankfully, that perception has changed. There are so many issues that Employee Assistance is willing to help us with. Whether it be child-care issues, mental health, financial

counseling and many others, there is help. We must be willing to reach out for the direction and assistance that we need. EAP will put you in touch with the appropriate source to help with your issue. If you are not sure how to contact EAP, please contact your union representative.

A healthy mind and body will go a long way during this winter hibernation. I have found that music is a great instrument to change your mood. An upbeat song can reinvigorate your atmosphere. Give it a try. Just singing the words of a particular song can put a smile on your face. Positivity goes a long way in changing your mindset. I encourage you to listen to whatever genre of music that puts you in a positive. A book also may do it for you. Again, whatever it may be, do it! Learn to see the glass as half full, rather than half empty.

Celebrate the joy of the holiday season with determination. Look forward in anticipation for 2022. Expect better and prepare for greater. Joy, peace, love, and happiness to you and yours. MERRY CHRISTMAS AND A HAPPY NEW 2022!!!

