



PESU NEWSLETTER

APRIL 2021

HCAMS, HealthCare Assistance with Member Support

HCAMS is your union's Employee Assistance Program (EAP) with over 50-plus years experience. The Healthcare Assistance team knows how to handle and navigate tough issues and difficult conversations. Their experience, education, and training have prepared them for most demanding scenarios. For more information and great resources, visit hcams.net or unionsupport.org.

Join PESU and HCAMS for a crucial stress relief webinar on

Thursday, April 15, 2021 at 5:00pm

as we continue to navigate through the mental anxiety within the workplace and life during the pandemic. Zoom link and information can be found on www.pesuonline.com.

Build and Strengthen Your Emotional Muscles

Full Article on hcams.net

We all know about our physical muscles and how important it is to keep those healthy. And we all know about our IQs, our intelligence and education, and how important those are to exercise and maintain.

But something that is rarely taught is emotional intelligence or learning how to build and strengthen your emotional muscles. With the emotional and stressful whirlwind of the past year, and the coming whirlwind of moving into either a post-pandemic, or extended-pandemic experience, building some new muscles in your emotions may prove extremely beneficial.

1. Become aware of your emotions, and observe them
 2. Regulate the emotions you're feeling
 3. Understand your stress levels
 4. Develop Empathy and Social Awareness
 5. Consider your motivations and goals
- Read more about these tips and how they can support you on the HCAMS website and blog.



Finding Compassion and Kindness for Yourself in COVID-19

Full Article on hcams.net

A lot has been said about the need to be compassionate and kind toward others, to treat others with respect, or how you would wish to be treated. But we seem to forget to check in on how we're treating ourselves. Often we reserve our harshest criticisms, meanest judgements, and most negative tirades for ourselves. At the end of the day, the inner voice in our mind is most likely not one you'd ever use on a friend or loved one.

So it's time to start seeing yourself as your best friend, and loved one.

1. Shift negative thoughts to compassionate ones
2. Ask if you'd speak to a friend the way you speak to yourself
3. Begin mirror work, practice saying kind things to your reflection
4. Give yourself a hug
5. Do yourself a favor—something to make life easier on you

Read more about these tips and how they can support you on the HCAMS website and blog.



The Power of Kindness

In these times, decency matters more than ever.

By: Wendy Lustbader, MSW; full article in Psychology Today

Our immediate sphere—that's where our power is. As insignificant as we might feel within the larger realms of a society or a country, there is a circle of influence radiating out from our individual conduct. This is where the impact of decency flourishes and abides.

A friend used to walk the streets of her neighborhood every week wearing rubber gloves and dragging along a large black plastic bag, picking up beer cans, cigarette stubs, candy wrappers, and all manner of detritus. For two miles in either direction from her house, the roadside was immaculate. She also made a practice of dropping in on sick, lonely, or grieving people in her vicinity, bringing baked treats and good cheer. When she died, the enormous church in her town was filled to overflowing. The tributes went on and on, so widely had her generosity of spirit inspired those who knew her.

The measure of a good life is local; true satisfaction emerges most vividly in our immediate surroundings where we see the effects of helpful actions day by day. If we are able to live somewhere for a while, contributing to the lives of others leads to the slow accrual of respect and loyalty. Over time, we gradually become wealthy in relationships. A neighbor never forgets how you picked up their groceries or mowed their lawn during an illness. The more we seize upon opportunities to be kind and act generously, the more we can count on the kindness of others.



In these divisive times, it may be tempting to give up on the cumulative reciprocity we call community. The thousands of humble, person-to-person exchanges that add up to a sense of belonging can seem flimsy and insubstantial, not enough to build a life around. *One person's actions don't make much of a difference, anyway.* Such a stance absolves us from having to get involved, take responsibility, or even practice respectful restraint. Pulling inward, retreating into a “me first” pessimism, is seductive in its temporary convenience.

A preponderance of decency is the only answer. I'm not saying this to be glib or to dismiss the weight of hardship that produces this rejection of hope. But I am staking a claim for the power of kindness, even in the midst of the deepest despair. In blighted urban areas all over this country, for instance, many have turned abandoned lots into community gardens with the labor of their hands. At the end of each summer's growing season, some of these gardeners have set up giveaway tables where extra lettuce, tomatoes, squash, and other vegetables are put out there for the taking. The hand-lettered sign says FREE. It's hard to insist on bitterness when such giving asks for nothing in return.



Inspiration lingers and grows. Let's use our power. The people who are sewing double-thick masks with good quilting cloth and giving them away, the ones who are bringing bags of treats and useful items for nursing home staff to take home with them after exhausting shifts, those who start making a better world by doing what they can to improve their neighborhood—these are our current exemplars. Kindness is never wasted. You never know whose life changes as a result of having this glimpse of something so beautiful. This is how we prevail.

Recipe Corner

Quick and Easy Chicken Poke Bowl

Ingredients:

- 1 cup uncooked short grain rice

Picked Onions:

- 1/2 cup cider vinegar
- 1 tablespoon sugar
- 1 small red onion, thinly sliced

Spicy Mayonnaise:

- 1/3 cup mayonnaise
- 4 teaspoons Sriracha chili sauce

Poke Bowl:

- 2 cups shredded rotisserie chicken
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 1 teaspoon honey
- 1 medium ripe avocado, peeled and sliced
- 1/2 small cucumber, thinly sliced
- 1 cup alfalfa or bean sprouts
- Optional: Sliced green onions and sesame seeds

Directions:

- Cook rice according to package directions. Meanwhile, in a resealable jar, whisk vinegar and sugar until dissolved; add red onion. Seal and refrigerate 30 minutes or up to 2 weeks. In a small bowl, stir together mayonnaise and chili sauce; refrigerate, covered, until serving.
- In a large skillet or wok, toss chicken, soy sauce, sesame oil and honey. Cook and stir over medium-low heat until chicken is heated through, 5-7 minutes.
- To serve, divide rice among 4 serving bowls. Top with chicken mixture, avocado, cucumber, sprouts, pickled onions, spicy mayonnaise and, if desired, green onions and sesame seeds.



Bon Appetit!

What's the Buzz?

- ◆ PESU has a new Zoom platform for general membership meetings
- ◆ Dental reimbursements to commence in June, please look out for additional information and forms



Top 10 Spring Cleaning Tips for 2021



Adapted from: sylvane.com

1. Make a Schedule –Scope out your home. What areas need the most work?
2. De-clutter –A disorganized home adds to your stress level.
3. Use a HEPA Vacuum –You can remove more than just dust build-up when you vacuum.
4. Think Green When You Spring Clean –Don't expose yourself to chemicals and toxins.
5. Always Work from Top to Bottom –Start from the ceiling down.



6. Walls and Windows Need Love too – Don't forget about walls and windows, not all dust settles on the floor.
7. Don't Be Scared of the Kitchen and Bathroom –Wipe cabinets, go through the pantry, change the shower curtain, and throw away expired items.
8. Don't Forget About Your Air –Replace furnace and HVAC filters.
9. Have Severe Allergies? –Protect yourself; wear rubber gloves and masks.
10. Let Spring Cleaning Set a New Tone – Add new colorful pillows or art to change up your space.

