

## GENERAL MEMBERSHIP MEETING

Wednesday, April 15, 2009, 11:30 a.m. – 1:00 p.m., **Golden Corral (3251 32<sup>nd</sup> Ave S, GF)**  
**“Financial Security in a Time of Crisis”, Lon Gulberg, American Federal Bank, EGF**

### Dealing with Stress **Managing During the War—Advice for Employees**

If you think the stress caused by the war with Iraq and the general uncertain state of the world is getting to you, imagine the pressure British Prime Minister Tony Blair must feel as one of the few world powers to support the U.S. in its efforts. So how does Mr. Blair cope? According to the *Sunday Independent*, he has become a “fitness fanatic,” working out or playing tennis nearly every day. He also plays the guitar. And his reading isn’t confined to the reams of intelligence reports and Cabinet papers he gets each day. Most recently he has been reading a new book of Peter Cook scripts, “Tragically I Was a Single Twin.”

Surely if the leader of a country at war can find effective ways of coping with the current crisis, there is hope for the rest of us! If you’ve been carrying around too much stress lately, it’s possible to deal with it and even redirect it in positive ways to help you get through the challenging days ahead. The tips below are adapted from the National Mental Health Association.

#### Advice for Getting Out from Under Stress:

- **Stay connected.** Remember, you’re not alone. Discuss your concerns with your family, friends, neighbors and co-workers. They may be experiencing some of the same feelings. Other sources of support may be your place of worship or your company’s employee assistance program, which may offer counseling free of charge. Dependents of military personnel should find out what kind of assistance is available through the specific military branch’s family services.
- **Get physical.** Take a tip from Tony Blair and develop a regular exercise routine. If exercise is new to you, try walking around the block each evening, playing tennis, working in the garden or just doing stretching exercises in your living room.
- **Avoid drugs and alcohol.** Just like stress, they rob you of energy and cloud your perceptions.
- **Make time for relaxation.** Reduce the amount of time you spend worrying about things you can’t control. A good way to do this is to cut down or eliminate activities that cause you stress. For example, spend less time watching the news. Catch a movie or a concert, join a club, call a friend, play with the kids or the dog, go fishing.
- **Take back some control.** You can’t control the war or events associated with it, but you can exercise control over some areas of your life. Maintain your routine as much as possible. Take positive action: Write an encouraging letter to a friend or relative serving overseas. Attend a meeting on community preparedness. Send a donation to a relief fund. Volunteer. There are many organizations that could use your help.
- **Take reasonable precautions.** Make an emergency communications plan with family and friends. Re-introduce yourself to neighbors and exchange phone/cell phone numbers. Stay informed about current events, but don’t become obsessed by the news coverage of the war.
- **Be optimistic about the challenges ahead.** Try to maintain a positive outlook. Remember that the nation has survived other difficult times. Stay in touch with your spirituality, if you find it comforting.
- **Seek professional help** if you are experiencing thoughts of suicide, hopelessness or extreme anger. This could be especially important for those who live with depression, substance abuse problems, anxiety or post-traumatic stress disorder. Your local mental health association can help you find a social worker, psychologist or psychiatrist in your community.

The National Mental Health Association has additional resources available to help. They can be reached at [www.nmha.org](http://www.nmha.org) or call toll-free: 800-969-NMHA (6642).

P.S. – THIS COULD ALSO APPLY TO STRESS CAUSED BY THE FLOOD SITUATION, JOB CUTS, FROZEN WAGES, HOUSE FORECLOSURES.....WHATEVER THE WORLD HAS THROWN YOUR WAY! JUST REMEMBER – **YOU’RE NOT ALONE!**

[Info found at [http://www.amanet.org/editorial/war/dealing\\_with\\_stress.htm](http://www.amanet.org/editorial/war/dealing_with_stress.htm)]

### Spring into Cleaning

PO Box 14663, Grand Forks, ND 58208-4663 • [www.nosha.net](http://www.nosha.net) • [info@nosha.net](mailto:info@nosha.net)

**Use a stepladder or ladder, when you need to climb.** When using a ladder, stand at or below the highest safe-standing level. For a stepladder, this is the second rung from the top, and for an extension ladder, it’s the fourth rung from the top!

### BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00–8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7<sup>TH</sup> AVENUE SOUTH  
**NEXT MEETING → May 7<sup>th</sup>**

- **HELP US KEEP SAFETY A PRIORITY!** *We have a Board position that needs to be filled.* If interested, please contact Carol Gierszewski at [CGierszewski@grandforksgov.com](mailto:CGierszewski@grandforksgov.com)
- Our Fall Seminar is now in the planning stage – *your help is always welcome!*

#### BOARD MEMBERS

*Carol Gierszewski (President)*  
*Steve Harken (Vice President)*  
*Tim Bailly (Treasurer)*  
*Tracy Cameron (Secretary)*  
*Todd Brady ♦ Robert Hewitt*  
*Cedric Masa ♦ Eric Pearson*  
*Annette Shane ♦ Joe Strang*

### COMMITTEES

#### Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Trying to find an article that was in a previous issue of “The NOSHA NEWS”? Check out the **NOSHA News Archive** on our website! @ [www.nosha.net](http://www.nosha.net) !!!

#### Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **May 20, 2009**  
- “Drug and Alcohol Awareness”, Robin Turner, Global Safety Network
- **June 17, 2009**  
- Networking/Round Table

#### Membership Committee

(Davis Hoverson)

★ **60+ MEMBERS STRONG..... and GROWING!**

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety.

**THANK YOU ROBERT HEWITT AND ALTRU HEALTH SYSTEMS FOR SUPPLYING DOOR PRIZES FOR OUR MARCH MEETING!**

