

SELF-CARE DURING THE BANKRUPTCY PROCESS
APFA EAP
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We have all made difficult sacrifices in hopes of avoiding working for a bankrupt carrier and yet here we are. No one wanted this. We all have plenty of anxiety and questions about what is going to happen to our jobs, our pay, pensions and work rules. It will take time to understand what bankruptcy will mean to our work lives. It is easy to feel like a passenger on trip we never wanted to take. In the coming months, it will be essential to have a stress plan in place to help regulate emotions and manage stress. You may find some of the following tips helpful to developing your stress management plan.

Get factual information to plan for your future.

Connect with empathetic family and friends to build hopefulness and strength.

While you can't change the bankruptcy, you can change how you respond to it.

Focus on what you can change.

Develop realistic goals and do something each day to move toward them.

Look for opportunities to find a sense of personal strength, wisdom and self-worth as a result of this event.

Nurture a positive view of yourself and focus on problem solving.

Keep things in perspective.

Visualize what you want, not what you fear.

Attend to your own needs and engage in activities you enjoy.

Exercise regularly and get plenty of rest.

Get professional help when you need it.

The APFA EAP desk is available to confidentially discuss your concerns or to help you with a referral to a mental health professional in your area. We can be reached at 1-817-540-0108 ext. 8701.

"IT IS WORTH REMEMBERING THAT THE TIME OF GREATEST GAIN IN TERMS OF WISDOM AND INNER STRENGTH IS DURING THE TIME OF GREATEST DIFFICULTY" Dalai Lama