



# Work & Family Matters

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Contact the **UAW-Chrysler Family Resource & Referral Program 1.877.682.2472** for 24/7 assistance

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## Family Resource & Referral Program

Explore a wide variety of resources that can help you manage your work and personal responsibilities.

UAW-represented Chrysler workers are eligible to take advantage of this work/life program with topics ranging from **CHILD CARE & COLLEGE PREPARATION** to **RETIREMENT & ELDER CARE**. Developmental stages and ages are also part of this free service. Plus, benefit from the

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## What Makes Us Happy?

- Enjoy the little things; being happy frequently is better for your well-being than being ecstatic once in a while.
- Looking your best helps your popularity and your career—both boost your mood.
- Aging seems to bias us toward the positive; despite more health problems, we seem to become happier as we age because we have reached some of our goals, and accepted that there are some that we can't or won't reach.
- Faith and religion foster a sense of community and social networks, both of which tend to make us happier.
- Well spent leisure time can lead to great leaps in happiness.
- Activities that combine socializing, physical activity, and require some moderate skills are the best. Most of us spend a lot of our leisure time watching TV which is relaxing, but we'd be happier if we participated in some type of physical activity.
- Good self-esteem; people with abundant self-love are less likely to be depressed, lonely, or anxious.
- Friendship is one of the main joys of life. Spending time with friends lifts your mood even more than spending time with family. Being cooperative and knowing how to "chat up" the opposite sex are also associated with happiness.
- Sense of humor; not taking things too seriously can bring hope and happiness. People with a hopeful outlook tend to also be good at laughing.
- In one recent study, volunteer and charity work generated more joy than anything except dancing. The sense of accomplishment, social connection, and the chance to do something meaningful are what make it so much fun.



Adapted from an article on [www.msn.com](http://www.msn.com)

**Family Resource & Referral Program**  
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**CONVIENENCE & CONCIERGE** services, where we will locate services in your area, including, electricians, plumbers, landscapers, dining and night life -- we'll even help find those hard-to-find gifts for the holidays!

All topics in the *Family Matters* newsletters are covered in this program.

Professional Care Consultants are available 24/7 either via telephone or web. Take advantage of this free service for all of your family needs!

Call Today!

**1.877.682.2472**  
[www.uaw-chrysler.com](http://www.uaw-chrysler.com)



## 10 Fun Things to Do With Kids Before School Starts



1. **Run under the sprinkler.** Unleash your inner child, and join your kids in a run through the sprinkler. At the same time, give your lawn and garden a good, cool drink on a summer afternoon.
2. **Have a surprise picnic in the backyard.** Take advantage of cooler summer mornings and have a picnic in the yard or on the patio. Get some muffins and some ice-cold juice and let the kids eat breakfast outside (perhaps in their jammies for even more fun)!
3. **Take a ride.** Find a neighborhood or community carnival and join the kids on the Merry-Go-Round or Ferris Wheel for a quick spin—a lot of fun on a warm summer night.
4. **Ring a bell.** Buy the kids a bell for their bike (and get one for your bike too) and ring it to greet the neighbors as you ride around the block (but not too often, you don't want to be annoying).
5. **Eat dinner outside.** Pick a day and eat all of your meals outside. Use paper plates and plastic utensils for easy clean up.
6. **Make some S'mores.** If you have a fire pit at home, fire it up one night and make some S'mores. You don't have to be in the woods to enjoy this treat. If it's a rainy day, make the S'mores indoors—they will taste just as sweet and the kids will love the unexpected treat.
7. **Sing songs and tell ghost stories around the campfire.** If you have that fire pit going for the S'mores, while you're enjoying them, sing some campfire songs and tell ghost stories. If it's a rainy day, go inside and turn off all the lights, grab a flashlight and let your imagination go. It's just as easy to pretend you're around the campfire, and the ghost stories will be just as scary for the kids.
8. **Lay on the lawn and look at the stars.** Let the kids stay up late one night and take have them lay on the lawn and look up at the stars. (Make sure to take your bug spray with you!!)
9. **Sleep outdoors.** Put your tent up in the backyard and spend the night out there with the kids. If it's a rainy day, make a tent in the house—kids probably love that even more than a tent. Pile up the couch cushions and take all the pillows off the beds. Make a cozy nest and enjoy!
10. **Buy a new flag and let it wave.** This will be the perfect opportunity to talk to the kids about the upcoming presidential election, how we can support our country's men and women who are serving our country, and many other things. If you have an old flag, make sure to check with a veteran's group or go on the Internet and research the proper way to dispose of it.

## Get Organized For School



From an early age, our children have a lot to remember when going to school—bring your homework, make sure you have all your books, your lunch money, your clarinet for band practice, your cleats for soccer practice, and your shin guards—this list goes on and on. How do you help your child get organized for school? We have some tips that may help.

- **Organize his/her room.** Have separate bins for ongoing projects, finished work, and school and art supplies. Make sure they are labeled and put everything in its place each night.
- **Post reminders.** Give your child a bulletin board and a pack of sticky notes. Encourage him or her to use them.
- **Use a daily planner.** Some schools provide them which is a great help for kids and parents alike. If your school does not provide one, purchase one yourself and show your child how to use it.
- **Prepare the night before.** Have your child pack his backpack the night before school. Make sure that homework is in a special folder, ready to be turned in the next day. Make sure she has all the other things she will need for the day—library books, lunch money, etc.
- **Keep extra supplies on hand.** Make sure the backpack has extra pens and pencils—whatever you think the child may need for class. Remember that kids tend to lose things, so keep an ample supply on hand.
- **Have a regular spot by the door.** Place the filled backpack and everything else your child will need to take right by the door, so it will not be forgotten in the morning.
- **Buy school supplies that have good storage.** Perhaps a backpack with multiple pockets is a good choice, or color-coded folders for different kinds of class work. You will know what will help your child the most.
- **Have a plan for the weekend.** If you know a project is due on Monday or any time during the upcoming week, make your plan on the weekend to complete the work. Establish a timetable and stick to it. Don't wait until the last minute.
- **Don't slack off during the school year.** If you find these tips work for you and your child, keep them up during the year. It will help to keep everything running smoothly.

*Adapted from an article from Great Schools, a newsletter for parents.*