

## If You Lost Someone Close to You

Grieving is a healthy and natural healing process. It is not a sign of weakness. For most people, grieving follows a pattern which proceeds through a series of stages, however the loss may have occurred. Since each of us is different, not everyone will experience every stage, or proceed at the same pace, or with the same intensity of feelings. The best way to confront loss is to recognize it, understand the feelings and reactions you experience, and get support during the grieving process. There are five basic stages of this process.

**DENIAL** - A period of numbness and shock usually follows a major loss or death. This stage allows a person time to absorb what has happened and begin to slowly adjust to the reality.

**ANGER AND GUILT** - As shock wears off, grief gives rise to a variety of feelings, including anger. You may be feeling deep anger at the perpetrators of this terrible crime, at service providers for not responding as quickly as you hoped, even anger toward some of your friends and family members, or at God for letting a bad thing happen. You may feel unreasonably responsible for your loss or guilty about what you imagine you could have done to prevent it. You may even feel guilty for some of your other feelings.

**SADNESS AND DESPAIR** - Loss can bring varying degrees of sadness, loneliness and yearning. Your feelings may be so overwhelming that you try to avoid them. But tears, sadness, thinking about your loss, or other expressions of grief are not "breaking down"; they are essential for healing. Reaching out to others is a key way to lessen loneliness and overcome depression.

**ACCEPTANCE AND HOPE** - Gradually accepting your loss and adjusting to the changes it brings can give you hope for the future again. These changes take time and may be painful; they're also a chance for personal growth.

**AFTERMATH** - Just when you think you "should" be over your loss, reminders can plunge you into another wave of grief. Although this may continue for months or years, the waves usually become smaller, less frequent, and easier to deal with over time.

The Employee Assistance Program is a joint program of the company and the TWU. In Tulsa you can call 918-292-2464 or email [lela.french@aa.com](mailto:lela.french@aa.com) to make an appointment or talk with the EAP Manager, Lela French, by phone to discuss what may be right option for you or your family member. Steve Koster TWU EAP Coordinator, Local 514, can be reached at 918-671-5141.

## Helpful Contacts

Credit Counseling Centers of OK  
918 744-5611

Tristesse Healing Arts Grief Center  
918 587-1200

Alzheimer's Association OK  
918 481-7741

Community Outreach Emergency Psychiatric  
Services (COPEs)  
918 744-4800

211, Community Resource Guide  
*The one to call when you don't know who to call*  
211 or 918 836-4357

Alcoholics Anonymous  
918 627-2224

Alanon  
918 627-9114

Narcotics Anonymous  
918 747-0017

Gamblers Anonymous  
918 760-4349

JetNet  
Go to Benefits & select  
\*Health Matters  
\*Benefits Contacts

Employee Services  
1 800 447-2000

TUL Admin  
918 292-2698

TUL Employee Assistance Program Office  
Lela French, EAP, 918 292-2464  
1 800 555-8810 #9

TWU EAP Coordinator, Local 514  
Steve Koster 918 671-5141 (cell)

TWU Local 514 Union Hall  
918 437-4300

# Teen Driving

Each day, there are more than 15 crashes involving drivers between the ages of 15 and 20.

You do not need to have a teen driver in your home to be affected. In fact, 2 out of 3 people killed in crashes involving teen drivers are people other than the teen driver – including passengers of teen drivers, occupants in other vehicles, motorcyclists, bicyclists and pedestrians according to the National Highway Traffic Safety Administration (NHTSA).

For teens, the risk of being in a car crash is at a lifetime high in the first 6 to 12 months and 1,000 miles of driving. A teen's risk of being in a crash can be reduced by a combination of practice, gradual exposure to higher-risk situations and parental supervision.

One of the most effective methods proven to reduce teen crash risk by up to 40% is Graduated Driver Licensing. All but one state has adopted some form of GDL, but GDL laws vary from state to state. States with stronger, more comprehensive GDL laws have experienced remarkably fewer teen crashes.

## **DID YOU KNOW?**

### **Parents play a crucial role in the enforcement of GDL.**

When parents understand the crash risks, they understand and support how GDL helps reduce these risks. University of North Carolina teen driving researchers surveyed parents in three states where teens drive under GDL laws and found:

- 96% “highly approve” or “approve” of GDL
- Nearly nine out of ten parents support a 12-month learner's permit period
- Nearly nine out of ten parents support a 9 p.m. driving curfew

Parents need to make a commitment to work closely with their teens to manage the driving experience. This is made easier through a shared plan defining restrictions, privileges, rules and consequences that are agreed upon. Also, parents should set a good example by modeling the behavior they expect.

**As a parent or guardian of a teen, here are five steps to help reduce your teen's crash risk:**

#### **1. Set a Nighttime Driving Restriction**

Teens drive only 15% of their miles at night, but 40% of their fatal motor vehicle crashes happen

during that time period. Even for experienced drivers, the chances of being in a crash are about three times greater at night than during daylight hours. The National Safety Council recommends no unsupervised driving after 10 p.m., earlier is even better.

#### **2. Set a Passenger Restriction**

For teens, one passenger increases their crash risk by 48%, according to the Insurance Institute for Highway Safety. That risk grows exponentially as more passengers are added – 258% more likely to crash with two passengers and 307% more likely with three or more. Having several teens in a vehicle turns it into a social environment where driving behavior can be negatively affected. The National Safety Council recommends zero passengers younger than 20 be allowed during the teen's first twelve months of driving.

#### **3. Ban Cell Phone Use While Driving**

NSC estimates indicate 23% of all crashes involve cell phone use each year. NHTSA found teens are more likely to use cell phones behind the wheel than any other age group. According to the Pew Research Center, more than half of teens ages 16 to 17 admit to talking on a cell phone behind the wheel. Cell phone use should be banned among all drivers, and parents need to lead by setting a good example.

#### **4. Prohibit Alcohol**

Drinking and driving remains a problem among teens. According to NHTSA, nearly one-third of drivers ages 15 to 20 who were killed in crashes had been drinking. Every state has a zero tolerance law for underage drivers who drink. This means teen drivers cannot have any measurable alcohol in their systems.

#### **5. Make Safety Belts Mandatory**

Safety belts are the most effective safety device in vehicles and everyone should be buckled in at all times. NHTSA data shows wearing safety belt can reduce the risk of crash injuries by about 50%.

It is important to be aware of the laws within your state, but any parent can enforce GDL best practices within their home. For more information, visit [teendriver.nsc.org](http://teendriver.nsc.org).