



Labor Division

December 2024 Newsletter

Residing in the coming days and weeks we will find a very long list of celebrations. These celebrations are part of any number of faiths and traditions and represent centuries of tradition and practice. An intrinsic part of this time of year, and the early days of the coming new year, is wishing people well and the best in the coming year and beyond. This can be up to a few weeks of the calendar as we brighten the days of the year with the fewest daylight hours with the light of family, friends and cherished colleagues and co-workers.

Along with the celebratory nature of these weeks we have come to understand that a vast number of people will experience mental and emotional health issues over this same period. A maturing society accepts our differences as much as our similarities. One aspect of this maturation is learning more and more about mental and emotional health. Equally as important as this learning is the recognition that each of us experiences life and life's events such as this tradition filled part of the year differently. Accepting this difference is the first step towards being a healer for your own or someone else's mental and emotional health journey.

The root causes of this suffering are many and varied. Although not a complete list, some of the reasons will be loneliness and isolation, ongoing diagnosable mental illness, uncertainty, anxiety, workplace stress in a variety of forms, and alienation from friends and family.

Mental and emotional illness along with identifiable psychosocial hazards such as harassment and violence are targets of safety and health advocates and mental health clinicians. It is not possible for all readers of this brief note to be clinicians, but it is possible to learn about mental, emotional and psychosocial health issues. The simple act of improving our understanding of these concerns will permit us to be advocates for ourselves and/or for others such as loved one, friends and colleagues.

Make no mistake, issues such as noted can appear throughout a person's life and at anytime of the year. Notwithstanding that issues can arise randomly; this time of the year can exacerbate the issues.

Advocacy for safety and health knows no boundaries. Caring about our families, friends, neighbors and co-workers must be who and what we are as safety and health advocates and union members and representatives.

This time of the year brings additional focus to mental and emotional health. In March of 2025, the Labor Division will also bring attention to this as the division will look at mental and emotional health issues and psychosocial hazards. The proposed agenda will narrow in on the psychosocial hazards such as violence and harassment. The Labor Division is recognized across the United States and Canada as a source of excellent education for unionized workers to receive the most currently available information on a vast array of items and concerns related to safety and health. It is a guarantee that the spring meetings in Milwaukee will be a continuation of this grand tradition of education and sharing.

Please make sure that you do all that is possible to join the Labor Division in March 2025. The Dates are March 20th-22nd. The [link](#) will take you to the meeting information/registration and hotel reservations.

Spring Meeting Information

On behalf of the Labor Division, it is my pleasure to invite you to come and share in few days of learning and connecting with safety and health advocates, professionals and union representatives in Milwaukee.

Before closing, it would be remiss to not mention that immediately before the Labor Division meeting the IBEW Safety Conference will take place. The conference will also be a few days of safety and health education that will be as good as anywhere in the US or Canada,

May your holidays and the new year and beyond be safe and happy.

Kindest Regards and Solidarity,

Bob Stone, Chairperson, NSC Labor Division

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