



# NORTHERN CALIFORNIA PIPE TRADES TRUST FUNDS FOR UA LOCAL 342

## BENEFIT INSIGHT



Phone: (925) 356-8921

Fax: (925) 356-8938

Email: [tfo@ncpttf.com](mailto:tfo@ncpttf.com)

Website: [www.ncpttf.com](http://www.ncpttf.com)

### Next Upcoming Educational Workshops

#### Supplemental 401(k) Retirement Workshop

Wednesday, May 7th, 5pm  
Tuesday, September 9th, 5pm  
Wednesday, November 12th, 5pm



#### Pension Pre-Retirement Workshop

Wednesday, June 4th, 5pm  
Thursday, August 14th, 5pm  
Wednesday, October 15th, 5pm

Workshops are currently scheduled via ZOOM webinar and registration is required. Check our website ([www.ncpttf.com](http://www.ncpttf.com)) for updated information on upcoming workshops.



### National Stress Awareness Month

April is National Stress Awareness Month, a dedicated time to raise awareness about stress and its impact on Mental health. Stress is a common and pervasive issue that can have significant consequences for mental and physical health. By raising awareness and providing support, National Stress Awareness Month aims to help individuals cope with stress effectively and improve their overall wellbeing. Taking care of others is a priority, taking care of yourself first is a must. A great way to relieve stress is to make time for yourself. National Parks week is from April 19th-27th, (free admissions to all National Park Service). Take advantage of the opportunity to get out, enjoy the sunlight, get some fresh air and go for a hike.



#### Trust Fund Word of the Month

### CONTRIBUTIONS

**Contributions are funds that an Employer contributes to an Employee's benefits, such as Health & Welfare, Health Reimbursement Account, Supplemental 401(a) and Pension.**



## Stress management



# Ways to stress less

While we can't get rid of stress completely, we do have ways to get ahead of it and learn to control it before it controls us. Learn to recognize stressful situations and build positive coping strategies for life's many ups and downs.



### Take a moment to breathe

When stress strikes, try a few minutes of deep breathing. Breathe in for a count of 5, hold for 5, and exhale for 5. Repeat 10 times or until you start feeling more calm, grounded, and focused.



### Recognize stress

Stress comes in different forms, from minor issues to major conflicts. Whether it's balancing work and personal life, staying organized, or seeking support, we can help.



### Sweat stress away

Exercise is a great way to combat stress. Getting active relieves tension in your body and releases feel-good brain chemicals that fight the effects of stress.



Learn more strategies to deal with stress.  
Scan the QR code or visit [kp.org/stressmanagement](https://kp.org/stressmanagement) to get started.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057