



Employee Assistance of the Pacific

This issue of the EAP Newsletter is focused on ideas to help you get more out of life— without spending a lot of money—no matter what ups and downs might be coming your way.

Stop and Smell the Flowers.....

Do you eat while reading or watching TV? If so, you might have noticed that sometimes you can eat an entire meal without even really tasting the food. This applies to a lot of things in our lives: we can spend an hour with our family without really talking to them. We can drive along the ocean or walk through a tropical garden and not really notice the things around us.

Here's a tip that seems so simple, and yet can be difficult to maintain in practice: **stop, and notice what you are doing in this moment.** Become more aware of the present, instead of always thinking about the past and the future. This is hard to do throughout the course of a day, but being perfect isn't the point. Stop and do it once in awhile, at different times of the day, and just notice the little things. And enjoy them.

Try these little exercises (they're very easy, so don't be scared by the word "exercise"):

- ◆ When you eat your next meal, don't read or focus on anything else except the food you're eating. Really experience the smell of the food, the texture of the mixture of food in your mouth, the heat or coolness of it, the multiple flavors. This is best if you're eating something you really enjoy.
- ◆ The next time you're with someone, whether it's a loved one or a co-worker, stop what you're doing, clear everything aside, and take a few minutes to really talk to them. Really listen to what they're saying. Really appreciate this person, and try to understand them. Really be with that person, fully.



- ◆ The next time you're outside, stop, and look around. Appreciate the incredible beauty of our Island home and the simplicity and complexity of nature. Notice living things, from plants to birds to insects. Notice the elements - air and wind, water or rain, the earth, the sun or the moon or the stars. In fact, tonight, go outside and look up at the stars. The stars and the ocean can give you incredible perspective.

You can probably think of other things, but these are just a few ideas. And if you really experience these things, they can be incredible. And life won't pass you by as quickly as it normally does, which can be a good thing.

With thanks to zenhabits.net

Employee Assistance of the Pacific

..is a short term confidential counseling service, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Our counselors are available across the Islands and can be contacted by:

Phone: 808 531.3271

Toll Free: 800 591.3271

Email: info@EAPacific.com

Website: <http://www.eapacific.com/>

KINDNESS IS GOOD FOR YOU

Recently, Hawaii Public Television has been showing a short segment with a wise, elderly gentleman, Rev. Henry Tanaka, saying "the basis of personal happiness is helping others". Want to do something kind, but just can't think of what to do? Fortunately, different people find different acts of kindness to be more rewarding, or just more fun. Here are a few ideas for helping others, or making someone else's day a little brighter.

At work Place extra money in the company vending machine and tape a smile card next to it.

For busy parents Baby sit. Deliver a cooked meal for the entire family. Let their children spend the day with you. Run an errand for them.

On the Street Prepare a nutritious sack lunch for a homeless person and hand it to him/her saying "have a great day"

For Neighbors Rake someone's yard.

Offer to drive elderly or disabled people to appointments or the grocery store.

Say it with Flowers Take a child to a mall to give a "just because" flower to five elders, with a heartfelt "have a nice day" greeting.

Food ideas Donate your extra groceries to a food bank. Offer to help prepare a meal at a "soup kitchen".

And here is a website where you might find an even better idea, that is just right for you:

<http://www.helpothers.org/ideas.php>

SIMPLE TRICKS TO MAKE LIFE EASIER

◆ If you are caught without a ruler, improvise with a dollar bill—it's about 6 1/8 inches long.

◆ Before you take something apart, to fix it, take a digital photo of it so you'll now how it goes back together.

◆ When sending directions to visitors, attach a photo of your house to make it easier to find.

◆ Unstick a zipper by rubbing a pencil along it—the graphite will lubricate the zipper.

◆ Deodorize sneakers by shaking baking soda into them and letting them sit for a day.



◆ Keep a dripping faucet from driving you crazy until you can fix it. Tie a string around the faucet that is long enough to reach the drain. The water will flow down the string silently.

◆ Remove stubborn price stickers by warming the glue with a hair dryer set on low.

◆ Can't find the end of a roll of plastic wrap? Lift it up with a piece of tape touched

to the edge.

◆ Rub cornstarch into tangles in shoelaces, string, chain necklaces. It untangles them like magic.

◆ Put a coffee filter at the bottom of a flowerpot to keep soil from leaking through the drainage hole.

◆ Run a piece of waxed paper through the gears of a hand-held can opener. It loosens dirt and makes it run more smoothly.

BE MORE MONEY AKAMAI FOR FREE

Are you looking for a way to be more in control of your financial life? Would you like to have a better picture of what you make, spend and owe? Do you need a plan for working toward your financial goals?

The University of Hawaii Cooperative Extension Service offers an excellent online program designed to increase your financial well-being that is convenient, ready to use when you are and, best of all, free.

MoneyEd is a web-based course that includes informational handouts to download and print, worksheets to complete on-line, and relevant website links to connect.

MoneyEd will help you to understand that money management is about prioritizing choices and making informed decisions. The various lessons provide knowledge and skills in clarifying values, setting financial goals, developing a spending plan, following through step by step, and analyzing your actions.

Here's a sample of a great **MoneyEd** tip on saving a little every day:

Choose something that you would like to work toward buying, and start saving something everyday by cutting out little purchases that cause money to "slip through your fingers". Whatever your strategy for saving, make it a point to physically keep the money "saved" separate from your other funds. If will power is a problem, make the money you save hard to get:

- ◆ Take the money you save out of your wallet daily
- ◆ Store coins in a container that is sealed shut
- ◆ Make frequent bank deposits
- ◆ Make the savings inaccessible by an ATM

Find MoneyEd at <http://www2.ctahr.hawaii.edu/moneyed/>