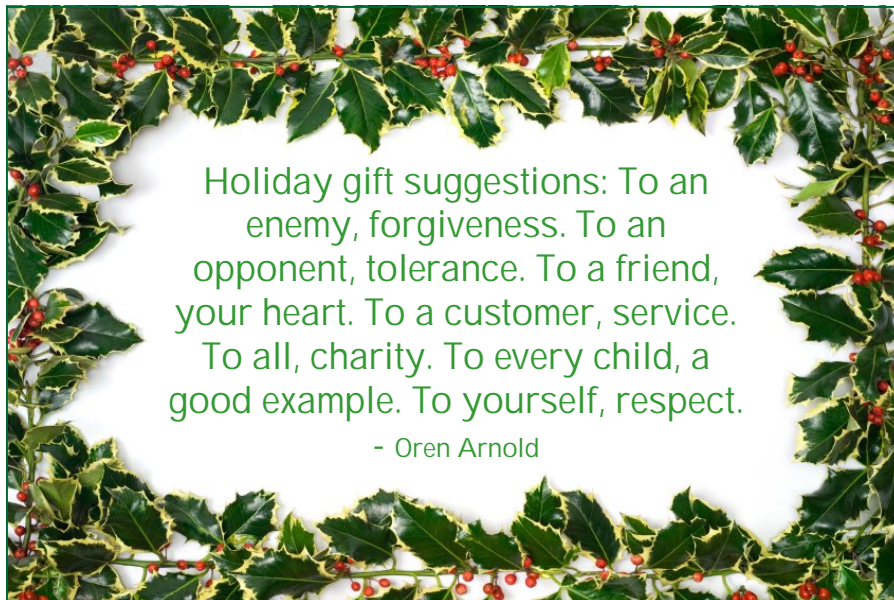


Employee Assistance of the Pacific

Employee Newsletter

December 2009



Holiday gift suggestions: To an enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect.

- Oren Arnold

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: www.eapacific.com

839 S. Beretania St.
Honolulu, HI 96813



A Simpler Life

It's that time of year when articles appear about helping children to be less self-centered and more satisfied with fewer Holiday presents. And many adults find that the holidays are a time when they wish that their own life was more simple.

There are two challenges that people face when choosing to live a simpler life: owning little and wanting little. Yet people fuse these challenges together into a larger "live simply" goal. Unfortunately, they're two different beasts that need to be tamed in their own ways.

Owning little requires a practical approach – systematically de-cluttering our life and eliminating the unnecessary. Wanting little, on the other hand, is focused on the way we think. Sincerely wanting little is difficult. It goes against our firmly rooted desire for certainty, for ownership. It

requires a shift in thinking, says author David Turnbull, who gives these ideas for making that shift:

1. Find your motivation. Why do you want little? Because "it's trendy" is unfortunately not enough to quench your lust for stuff. Here are some common reasons:

- Saving money – for retirement, travel, charity etc.
- Eliminating stress.
- Freeing up time from the offset of being able to work less, clean less, and maintain less.

2. Experience the benefits. No matter how many times you hear the benefits of wanting little, experiencing an uncluttered lifestyle will always be the best way to switch from a "want more" to a "want little" mindset. Here are a few ways to go about this:

- Plan a short vacation where you take as little as possible, including no technology or fashion accessories. Only pack the essentials.
- Pick one room in your house or apartment that you want to transform and move as much as you can from that room into a spare room or garage. Notice the difference in tranquility as you walk between your regular rooms and the no-stuff zone.
- Visit locations that are inherently uncluttered, like a Japanese Zen garden.
- 4. Start with small victories. Be mindful of all your purchases and desires and regularly ask yourself "Does this fit into my vision?" You will stumble, it's the nature of the beast. The world wants you to want more, and the world is a mighty challenger.

Are You Always on Hawaiian Time?

"Hawaiian time" is great for many of our local events when arriving 30 to 60 minutes late means you are right on time, but if you're habitually late you've probably missed plenty of air flights, appointments, and more. No matter how smart and otherwise skillful they are, lots of people have huge problems when it comes to keeping track of time. If one of your New Year's resolutions is to be on time more often, here are a few of the steps on the path to punctuality:

- Learn the meaning of "on time." As in, seated, and ready for business – not pulling into the parking garage.

- Don't let other commitments run long. If you've got a meeting scheduled at 2 o'clock, make sure the people you're talking to know it. That way,

you can get out without drama, making sure that you've arrived in time for your scheduled event.

- Don't get sucked into responding to emails when you've got someplace to go. Sure, it seems like it'll just take a minute to dash off a response –but then you realize you didn't quite get your point across yet, and by the time you've finished your explanation, you're half an hour late for a dinner reservation. Resist the temptation to open your inbox –everything will still be there the next time you check.

- Use the alarm function on your computer's calendar. It's easy to idle away hours online without glancing at the clock –so make sure you get to all your appointments by setting an alarm on your computer to let you know when it's time to get going.

Holiday Recipe

Cranberry Sauce with Nuts and Apples

- 2 12oz bags fresh cranberries
- 1/2 cup water (or more as needed)
- 1 apple, peeled and finely chopped
- 2 cups sugar (or more as needed)
- 1/2 tsp cloves
- 1/2 tsp ginger
- 3/4 tsp cinnamon
- 1 tbs grated tangerine or orange rind
- 1 cup toasted nuts, finely chopped

Cook cranberries in water until berries start to pop, about 8 minutes. Add apples and sugar and continue to cook for 5 minutes or until apples are tender. Stir in spices and simmer for 3 - 5 minutes. Remove from heat and add tangerine rind and nuts.

Note: this will thicken as it cools

Personal Strength Training for 2010

Just like lifting weights will build your muscles, practicing patience will build your confidence and inner strength. The next time you feel the urge to be annoyed with someone, keep in mind that you have a choice. You can choose to be patient. Make that choice to be patient, and feel the power. Feel the genuine, positive power that flows from your decision to rise above the petty annoyances that don't really matter anyway.

Rather than striving to make others understand, or to make others like you, or to make others agree with you, seek instead to give them your patience and understanding. Learn to be patient, and you will grow to be strong.

Ask the EAP Counselor

I don't like that my supervisor makes fun of me and sometimes hurts my feelings. I feel afraid to say anything at work. If I come to the EAP, will the EAP tell my boss to stop it?

Not likely. The EAP does not have the authority to investigate your complaint or to take action with your supervisor to stop the behavior. However, the EAP could help you identify who in your organization would be the appropriate person to speak to about your concern and complaint. Additionally, the EAP could help you address your anxiety about speaking up by helping you explore your options in the situation, coaching you in appropriate assertive behavior, and providing you encouragement and support in taking constructive action to address the problem.

