



Employee Assistance of the Pacific

Summer 2011

EAP Newsletter

Did you change that number yet for EAP ?

If you haven't made a note of the telephone numbers for EAP that were changed when we moved to our new location in July, 2010—time is running out ! Very soon you will find that none of the old EAP numbers will forward automatically. Please see the next page for our current contact information.

Take in the Good - It Can Transform Your Life

Research has shown that it takes our brains only a fraction of a second to register something negative, but as much as 30 seconds to take in something positive. Our biology has primed us to look for what's negative and to overlook what's good because, in order to survive as a species, our brains evolved to be highly sensitive to perceiving a potential threat. Because of this, our brain is hardwired to be like Velcro for negative experience, but like Teflon for positive experience.

Although this mechanism is useful in avoiding saber tooth tigers, in our lives we can end up focusing primarily on the negatives in life, which in turn effects how we feel about ourselves, our work, our relationships, our entire life. In other words, we suffer.

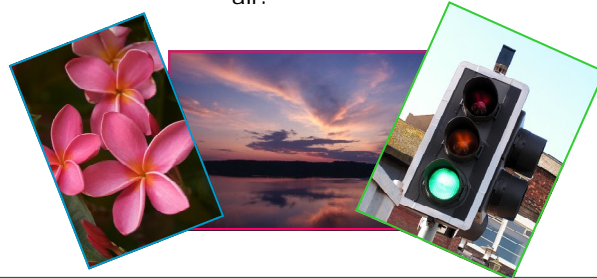
Research has also shown that we can overcome this negative bias in our brains by practicing "Taking in the Good" - by letting positive facts become positive experiences.

It works like this:

- ◆ Savor a positive experience by sustaining it for 10-30 seconds and by bringing your awareness to how it feels in your body and emotions.
- ◆ Allow the positive experience to soak into your brain and body and to register deeply in your emotional memory.

The kind of good you might look for can be a simple pleasure of ordinary life like crawling into bed between clean sheets, or the satisfaction of attaining even a small goal like getting two green traffic lights in a row, or feeling grateful for the scent of flowers in the air.

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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 experienced counselors are available across the Islands and can be contacted by phoning or emailing our Honolulu office.

Diabetes Education and Support— A New FREE Program

Our partners at Ho’okele Health Navigators are currently screening for eligible participants to take part in a free 6-month program that offers a caring advocate (also known as a ‘Professional Health Navigator’) to listen and guide you to better health! There is no charge for participation, Health Insurance is not required although fees for additional health services may apply.



The ‘Professional Health Navigator’

- listens to your needs
- coordinates private sessions to help you achieve your goals
- teaches you to apply new skills to improve your health
- And, helps you to achieve self-confidence in your health care decisions

If you or your family members and friends with diabetes are interested, please call (808) 628-6698 or go online to register at www.diabetesnavigation.com. There is limited space available in this program, so call soon!



Ask the EAP Counselor

Dear Dr. Leary,
My husband died 5 months ago. We were newly married, although both older (he at 63 and me, 50). I am worried that my grief is not normal. Is five months too long to not be able to get yourself together? Karyl

Dear Karyl,
Losing a loved one is one of life's greatest, toughest challenges. We do not heal quickly or easily. To move through our feelings and find a new way of being in the world without our loved one is similar to traveling to a new planet and learning a new language.

Grieving is hard work. Grief is active and repetitious. There are no roadmaps and no shortcuts. Grief work takes more time than most expect it to, has a timeline of its own, and surges of grief come up at unexpected times. Give yourself,

and ask from others, the gift of time, space, and validation for your loss.

Do not try to meet all the challenges and tasks of grief at once. Recognize that grief is experienced physically, so it is normal to feel exhausted. Grief is experienced as feelings and thoughts, so it is common to feel lost in your old world and to sense that you do not quite "fit" in the same way. And grief is expressed spiritually - it requires time and reflection to find meaning in his death.

Five months is not too long to be feeling your grief. Your grief is complex, unique, and difficult, but as you describe it after only five months, it is not abnormal, problematic, or complicated.



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