

Choose A Gift for Yourself

t's the season for gifting—nobody needs to tell you that—so what are you giving yourself? Here's a gift idea that promises to keep giving all year and won't require any extra effort over the Holidays. Pick twenty four of these "Self Care Ideas" and promise to give yourself the time to try one of them every two weeks. It's a bit like a Fruit-of-the-Month Gift but personalized just for (and by) you. Over the years this has proven to be one of the most popular handouts here at EAP!

Stop and listen to your favorite music Enjoy a long, warm bubble bath Go for a walk

Changa huguwith a

Share a hug with a loved one

Pray

Attend a caring support group

Practice diaphragmatic breathing

Do "stretching" exercises

Reflect on your positive qualities

Watch the sunrise/sunset

Create a collage representing "The Real Me"

Reflect on: "I appreciate..."

Write your thoughts and feelings in a personal journal

Attend a favorite athletic event

Do something adventurous (ex: Sky-diving)

Read a special book or magazine

Sing/hum/whistle a happy tune

Swing/slide/teeter totter

Play a musical instrument

Meditate

Work with plants (gardening)

Learn a new skill

See a special play, movie or concert

Work out with weights or equipment

Ride a bike or motorcycle

Make yourself a nutritious meal

Draw/paint a picture

Swim/float/wade/relax in a pool or at the beach

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these "Self Care

Ideas" and

promise to give

yourself one of

them every two

weeks.

Do aerobics/dance

Visit a special place you

enjoy

Smile/Say: "I LOVE MY-SELF"

Go to a garden and smell the flowers

Imagine yourself achieving your

ing your goals and dreams

Go horseback riding

Reflect on: "My most enjoyable memories"

Enjoy a relaxing nap

Visit a museum/art gallery

Practice yoga

Relax in a whirlpool/sauna

Enjoy a cool, refreshing glass of water or fruit juice

Enjoy the beauty of nature

Count your blessings: "I am thankful for..."

Play like you did as a child

Star gaze

Window shop

Daydream

Tell yourself the loving words you want to hear from others

Attend a special workshop

Go sailing/paddle boating

Reward yourself with a special gift you can afford

Create with clay/pottery

Practice positive affirmations

Pet an animal

Reflect on your successes: "I

Write a poem expressing your feelings

Arrange a bouquet of flowers

RELAX: watch the clouds

Visit a park/woods/forest

Read positive, motivational literature

Reflect on: "What I value most in life"

Phone a special friend

Go on a picnic in a beautiful setting

Enjoy a gourmet cup of herbal tea/decaf coffee

Practice a relaxation exercise (or listen to a relaxation tape)

Practice the art of forgiveness

Treat yourself to a nutritious meal at a favorite restaurant/café

Create your own unique list of "self-nurturing" activities



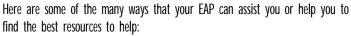
..is a short term confidential counseling service, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Our experienced counselors are available across the Islands and can be contacted by phoning or emailing our Honolulu office at 597-8222..... Info@EAPacific.com.

Looking to Make a Fresh Start in the New Year?

For many people the New Year brings a fresh outlook on personal growth or addressing a problem situation that is no longer acceptable. Consider the possibility of enlisting the help of an EAP counselor to coach you in achieving

your goal. When help is needed by you or a family member call us at 597-8222 or Toll Free at 1-877-597-8222. Our staff will ask for your name, employer and a brief description of your concern. If an emergency exists you will be given immediate assistance. If your situation is not an emergency, you will be offered an in-person session appointment.

Meetings with your counselor are completely confidential. Your employer will not know you have used the EAP. Except under certain very limited circumstances no one will be provided any information about you without your written consent.



- personality conflicts at home or on the job
- support in deciding on proper care for elderly parents
- a child who has a behavioral problem at home or at school

- anxiety or depression
- domestic violence



- learning to be more assertive
- clarifying important life decisions
- dealing with the loss of a loved one
- managing stress
- feelings of loneliness
- recognizing a substance abuse problem
- money management and financial problems
- resources for marital counseling
- ways to improve your self-esteem
- a gambling problem
- support when living with a person who abuses alcohol or drugs
- help with learning positive communication skills
- adjusting to a divorce or separation



Safety Tips if you Drink Alcohol.....

If you drink alcohol, stay safer this holiday season by following a few guidelines:

- Eat food to slow the absorption of alcohol. Foods high in protein, like cheese, work best, but any food in your system will help.
- Steer clear of carbonated alcoholic beverages and "shots" to avoid rapid absorption of alcohol. Carbonization increases pressure in your stomach. This speeds the absorption rate of alcohol.
- Understand your body's reaction to alcohol. Don't be fooled into believing that not "feeling it" after you've been drinking means that you are "okay to drive." Not "feeling it" leads many people with a high tolerance to drink more alcohol than their peers. This leads to higher blood alcohol content (BAC) than for those in the group who react to "feeling" alcohol sooner by drinking less. The one with the highest tolerance could have the highest BAC in the group, despite appearing unaffected! Never drive after drinking. Stay safe this season. Look out for those around you. Trust your instincts; if you are doubting someone's sobriety don't get in the car with them no matter how strongly they try and convince you they are fine.
- A useful website to learn about BAC is at http://www.intox.com/fs DrinkWheel.aspx

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