



Employee Assistance of the Pacific

Want To Make A Relationship Great? Communicate!

The most basic of all human needs is the need to understand and be understood.

The best way to understand people is to listen to them.

Ask any couples counselor how to maintain a healthy relationship, and you're sure to hear two words repeated again and again: "Good communication." But what do those two words actually mean? Communicating effectively with your partner calls for much more than merely talking and listening. The goal of true communication is empathetic understanding. Both partners must engage in 'active listening' and draw closer in an increasingly intimate relationship, while maintaining their individuality.

What's the best way for two partners to work at communicating better? Here are a few tips from the experts:

- ◆ Listen actively to what your partner is telling you by doing your best to imagine the situation he or she is describing.
- ◆ Don't try to fix your partner's problems with instant solutions. Quite often, you'll find that he or she doesn't really want a "solution"...but only a chance to talk about some strong feelings and experience really being "heard".
- ◆ Are you and your partner finding it difficult to talk intimately because of job stress or the demands of raising kids? If so, you must make the effort to set aside time each week for personal sharing. It's an absolute necessity that you make time for each other. You need to take a deep breath, step back, and start enjoying each other's company again!



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

839 S. Beretania St.
Honolulu, HI 96813

Website:
<http://EAPacific.com>

MID-LIFE MODIFICATIONS

It's coming - midlife! Can you avoid the much-discussed "midlife crisis" that comes with it? Although the midlife crisis has been called a "creature of the imagination" and research disputes its existence, planning for it can make getting "over the hill" a little easier.

- Accept midlife as a time of transition and tool for personal growth. You are moving from thinking about how many years you have lived, to how many years you have left to live. It's normal, but it creates anxiety.
- Plan ahead to avoid regrets by reworking the balance between time devoted to important relationships versus the time you have invested achieving vocational and financial security.
- Think about your values. Use these values to guide you in acting on tough decisions. Examples include improving a marital relationship or relationships with children before they are grown, or engaging in new leisure or recreational, educational, spiritual or community service activities.
- Plan for challenging life events that will come in the future to reduce their stressful impact (e.g., medical issues of aging parents, gradual erosion of personal health, financial security in retirement, etc.).

Midlife can be a time that brings out desires and impulses that have been unmet or unacceptable until now. Acting to satisfy some of these wants can add meaning to your life, while others may not be in line with your values despite their appeal. A counselor at Employee Assistance of the Pacific can help you sort through the challenges and values of mid-life.

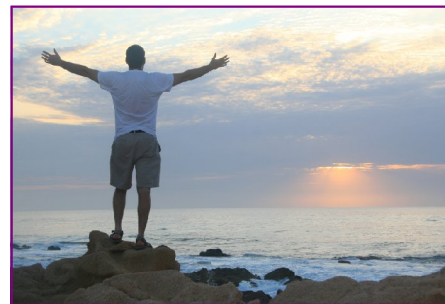
FIVE SIMPLE STRESS BUSTERS

Here are a few techniques to try wherever you happen to be the next time you feel the pressure build. These techniques work by shifting attention from the source of your stress to your own body.

- Lift shoulders up to your ears, then lower slowly.
- Stretch out fingers in a fan, release, then shake them vigorously for 10 seconds.
- Stretch your mouth wide to relax facial muscles.
- Stand up and stretch your arms out to the sides.
- Breathe in slowly and deeply. Hold for a few seconds, then release slowly. Try keeping that rhythm as you continue your activities.

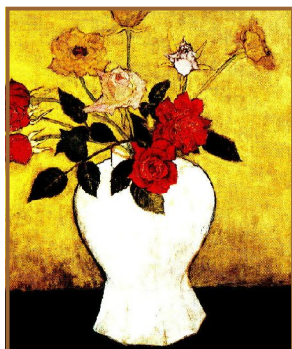
Quick fixes rarely provide long-term solutions but when it comes to stress, even a few simple steps can produce noticeable results in a few minutes.

If you're managing chronic stress, you may need to take more aggressive action. For suggestions, visit your EAP counselor



You might not be able to get to the beach to relax.....but you can imagine yourself there.

ASK THE EAP COUNSELOR



Dear EAP:
My 40-year old son died unexpectedly last month. I don't know how to help my 7-year old grand-daughter cope with the loss of her father. Is this something the EAP could help me with?

Please accept our sincere condolences on the death of your son. A child's grief is often unintentionally overlooked but does need special guidance during this difficult time. Children understand death differently or incompletely, and need help

to recognize the reality and the meaning of the loss in their life.

The EAP is a resource that can help in several ways. We can teach you about the differences between adult and children's grief; give you a "road map" of the tasks of grief work and the concepts of death that need to be understood; we can rehearse ways that you can be a role model and demonstrate healthy grief; we can talk about ways that you can encourage an open environment at home where ques-

tions and concerns can be raised; and we can give you activities to facilitate healthy grieving.

The EAP is a place where you can come to explore and express your grief, so that you can help your grand-daughter do the same. You may also bring your grand daughter with you to meet with a counselor, and help her express her feelings, thoughts, and needs and together, the three of you can come up with a plan to help her through one of life's most difficult challenges.

HOW TO USE YOUR EAP

When help is needed, whether on Oahu or a Neighbor Island, first call the Honolulu office of EAP or contact us via email. The office coordinator will ask for your name, employer, and a brief description of your presenting concern. You will be scheduled at a time as convenient to your schedule as possible.

Meetings with your counselor are completely confidential.

Although this service is provided by your employer at no cost to you, your employer will not know you have used the EAP. No one will be given any information about you without your written consent. Exceptions would occur only in the event of you being considered dangerous to yourself or someone else.

For the first appointment you will be asked to complete a

written intake form, which is also available at our website. This information assists you and your counselor in formulating an action plan.

Employee Assistance of the Pacific

Phone on Oahu: 531-3271 or
Toll free: 1-800-591-3271
Email: info@EAPacific.com

Have you explored the EAP website yet? It is filled with useful information you can use today.

And for your convenience, EAP intake forms are available online. Just print out the form, fill in the information and bring it to your first EAP appointment.

Go to: <http://eapacific.com/>