



Employee Assistance of the Pacific

Making the Holidays More Positive

Look at Your Expectations. Most holiday stress is caused by unrealistic expectations. Plan how to reach your holiday goals and keep them in mind, no matter what image is promoted by the media.

Set a Budget. How much money will you devote to this holiday? Avoid going into debt that might make you feel guilty and depressed. Plan, shop sales, compromise and stick to your budget.

Avoid Hectic Schedules. Get enough rest. Sit down with your family and discuss the entire holiday calendar. Choose and eliminate. Buy treats within budget or use the time making them as a family activity.

Regroup and Revitalize. Set aside time for your favorite holiday story or movie. Create your own holiday environment, one with new traditions that will sustain, nurture and calm you.

Help Those Less Fortunate. Many communities hold fairs where you can buy gifts for needy families. Check out charity organizations' websites for information on donating money on behalf of others. Find ways to give your time and skills where they are needed.

Cultivate Spirituality. Recognize and explore your spiritual beliefs during this season. Honor your customs and the beliefs behind them. Share and discuss them with family and friends.

Avoid Excesses. Don't eat or drink too much. Practice moderation with holiday favorites. Stick with a healthy, balanced diet. Keep your blood sugar stable to avoid mood swings.

What the EAP Can Do. If these tips don't help you feel better about the anticipated stress brought about by the holiday season, the EAP can help. The EAP will help you tackle the holiday blues and the empty feelings that you might be facing during this time of year. You don't have to suffer in silence or alone.

Although you may see and hear the excitement of others, we know that it may not be that way for you. Together we will help you devise a personal plan to cope with the present. We'll help you capture the energy and excitement of the future as you face the coming New Year.

Counseling sessions are confidential, and there is no charge to employees for this benefit. Phone EAP at 531-3271 or Toll Free at 1-800-591-3271.



Stocking Stuffers from EAP

Inspiring thoughts to take into the New Year.

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will...

Epictetus

Wealth is the ability to fully experience life.... Henry David Thoreau

Insanity: doing the same thing over and over again and expecting different results...

Albert Einstein

No one can make you feel inferior without your consent.... Eleanor Roosevelt

You can't cross a sea by merely staring into the water.... Tagore

There's no such thing as a small act of kindness. Every act creates a ripple with no logical end....

S. Adams



Children and the Spirit of the Holidays

Here are some ways to curb the "Gimme's" in your keiki and reinforce the real reason for the season. Adults might find these ideas helpful for themselves, too.

Teach Kids to Question Marketing Messages

The ads kids see around the holidays can help foster unrealistic expectations and lead to disappointment. Of course, it's nearly impossible to eliminate all exposure to marketing messages, but what you can do is to explain that commercials are designed to make people want things they don't necessarily need. And these ads are often meant to make us think that these products will make us happier somehow. Talking to kids about what things are like in reality can help put things into perspective.

Focus on Family Traditions

Talk about which family traditions your family loves the most. Then figure out how you can put more emphasis on them.

Find out what the holidays mean to others. Have your kids talk to a grandparent, parent, uncle, or aunt about how they spent the holidays growing up. Maybe you'd like to revive some of these ideas as a way to share some holiday spirit with your family, friends, or community.

Build some new traditions. If you don't have any family traditions, it's never too late to start. Get together around

activities that you all enjoy, such as cooking or surfing. Ask your kids what they would enjoy doing every year and make an effort to do it.

Teach Kids to Give of Themselves

Volunteering offers an ideal opportunity for families to have fun and feel closer to each other at the same time. Community service helps to drive home the message that giving is much more than laying down cash for the hot gift of the season or scrambling around to buy mounds of presents. Community service can teach kids that giving comes in many forms, not just as presents. Emphasize that giving of their time, effort, and caring can mean so much more — and last

longer — than any gift that money can buy.

Give Gifts With Meaning

Gift giving will always be a large part of the holiday season. And with good reason — it can teach kids to really consider what might make others happy and what's important to people they care about. Watching loved ones' faces as they open presents that your children put a lot of heart and thought into can make the holidays more worthwhile for your kids.

But presents don't always have to be purchased in a store. Making their own presents can help show just how much kids care and can make the experience of giving more rewarding for both kids and their gift recipients.

Need some good ideas? Try this website :

<http://www.Amazingmoms.com>



Me 'oe ka maluhia a me ka hau'oli i kēia wā kamaha'o !
Wishing you peace and joy this Holiday Season!

Websites We'd Like to Share

Our EAP counselors are always on the lookout for internet sites that we can suggest to our clients or that we enjoy ourselves. Here are a few that they want to share with you:

Holidays

If gift giving in your family or circle of friends seems to be getting out of control, try using Elfster to organize the best Secret Santa you have ever had:
<http://www.elfster.com>

Wellness

Will New Year's Day see you making a resolution to "shape up"? Take a look at these for some real help:

<http://caloriecount.about.com/>

<http://www.hungry-girl.com/>

Just for Fun

Have you ever wished that there was a radio station that only played the kind of music you like? Pandora may be just what you are looking for:
<http://www.pandora.com/>

Or how about a couple of new sites to go to when you just want to take a break?

Jigsaw puzzles:

<http://www.jigzone.com/>

Crossword puzzles:

<http://puzzles.usatoday.com/>



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...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:

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 Toll Free: 800 591.3271
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