

EAP & PAP Newsletter

April 2022

Coping With Problems...



And a Suggestion... Doodling

Problems come and go. Always! Challenges will knock at our door. To deal with them we develop either positive or negative coping strategies. Coping strategies are methods and techniques we use to manage those challenges or demands that we perceive as a threat because they exceed our personal resources at the moment. We are challenged to solve the problem and have a variety of emotions that go with those challenges.

POSITIVE COPING SKILLS

Emotion Focused: (soothing yourself with self-care)

- Exercise
- Meditation
- Art
- The list is exhaustive

Problem Focused: (Ways to problem solve or change the situation)

- Ask for support
- Good boundaries
- Create a to-do list
- The list is exhaustive



NEGATIVE COPING SKILLS

- Overeating
- Escaping with alcohol or drugs
- Too much sleep
- Overspending
- Avoidance
- The list is exhaustive



DOODLING!

Is not exhaustive, in fact it is the absolute opposite! Try **doodling** for self-care. It might not “solve the problem,” but it will help you think more clearly and be calm enough to come up with a plan.

Doodling is expressing your sense and thoughts and feelings with no restrictions or rules.

Doodling can be simple, complex, wild, tame, and creative without any apparent meaning.

The best **doodles** — the most expressive — are childlike, funny, whimsical and free.

If you make a mistake, play with it more and add funny shapes to it.

Start at one point and just keep moving with it.

If you like just one **doodle** (like a star or heart) expand it for fun.

Add a filling to a **doodle** to make it more fun and interesting.

Doodles are always original — don't try to copy anyone's and find your own doodle style.









More suggestions on **Doodling** and great links on Page 2!

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Counselors are available across Hawaii.
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1. Grab some tools — pencil, pen, colors, markers, highlighter, chalk, ballpoint pen, paint, colored pencils.
2. Put your tools to work — just start with any mark, circle, square, triangle, wiggly line, etc. 
3. Keep making marks — they don't have to make sense or be a picture of something specific.
4. Make a shape and expand it if you want — a flower, heart,  moon, sun , dog, cat, pineapple, cloud, palm tree, tattoo design, etc.
5. Make faces — ugly, fat, skinny, silly, round, oval, square, triangle, hair, hats, big noses, funny eyes.
6. Use your name — write your name with different lettering, color, shapes and sizes. 
7. Make creatures  birds, fish, dolphin, bugs, jellyfish, cats, nene, monsters.
8. Doodle the room — what is in the room you are in right now, or out the window.
9. Doodle to music — listen to music  and let your pen/pencil make marks according to how you feel.
10. Doodle while the TV's on — what do you see, feel, or think...or don't think about it and just draw marks with color as you are enjoying your shows.

DOODLING FOR HEALTH LINKS

Doodling, or spontaneous drawing, has been shown by research to reduce cortisol, the "stress hormone." And much more. (Check out these links!)

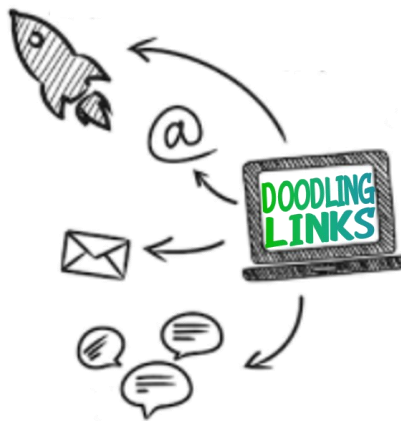
<https://www.health.harvard.edu/blog/the-thinking-benefits-of-doodling-2016121510844>

<https://www.calmsage.com/mental-health-benefits-of-doodling/>

<https://www.healthline.com/health/mental-health-benefits-doodling>

<https://www.forbes.com/health/healthy-aging/doodling/>

<https://www.vox.com/ad/16772236/the-benefits-of-doodling>



Articles On Our Website

Did you know about all the resources available to you from your EAP's website?



5 TIPS FOR WORKING FROM HOME STRESS-FREE (PARENT'S EDITION)

This is an article written by James E. Porter, CEO of StressStop.com and is used by permission. When I started...

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SUPPORTING TRANSGENDER, NON-BINARY, AND/OR GENDER NONCONFORMING EMPLOYEES

Making the workplace an inclusive and affirming place for employees who are transgender, non-binary, and/or gender nonconforming...

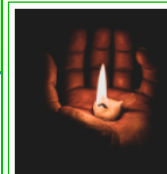
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8 SIMPLE WAYS TO CREATE A MENTALLY HEALTHY WORKPLACE

Many business leaders assume an employee's mental health is none of their business. But...

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COPING WITH THE DEATH OF A CO-WORKER FROM THE CORONAVIRUS

When a co-worker dies from COVID complications, an extra layer of complications to grief...

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SIGN UP FOR 52 WEEKS OF WELL-BEING

You can sign up to receive weekly emailed tips for a year that help you build your resiliency. Written by our own Dr. Vali Hawkins-Mitchell...

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Here are a few examples:

(If this is a pdf you may be able to click the links to each article above!)

Check out your EAP's website at

www.EAPacific.com

Or your PAP website at www.HawaiiPAP.com

Please note that work/life services (legal, financial, eldercare, ID theft, mediation) are available to most,

EAP and PAP provide short-term confidential counseling and work/life services, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.



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