



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

# EAP Newsletter

3rd Quarter 2017

Our newsletter this quarter is designed to roll out some exciting new free services that finally are ready for you. Thanks for waiting and we hope you enjoy the new ways we support you!

## 1. 52 Weeks: An Interview with Dr. Vali

We're excited about introducing "52 Weeks of Well-Being"! And the only place in the world you can get it (free of charge even!) is from your EAP website. Anyone from our covered companies who signs up will get a pdf emailed them each week for a year, written by our own Dr. Vali Hawkins-Mitchell, with some great tips on building your **resiliency** and **well-being** through a weekly "word of the day" along with some helpful mindfulness and art tips. Here's our interview:

**EAP:** So, Dr. Vali, why did you decide to write **52 Weeks of Well-Being**?

**Dr. Vali:** Keeping on track with self-care practice is not easy. Like flossing your teeth, which is an important heart health practice as well as great for teeth, it is the daily practice that needs to become the normal. And we get busy. We look at our calendars for our tasks, and so this is a weekly nudge to gently remind us to keep up the good work of doing self-care. Well-being depends on it. I wrote it initially for my own reminders to be mindful, do art, and focus on myself once in a while.

**EAP:** What made you think this approach would work here in Hawaii?

**Dr. Vali:** I think this approach works everywhere. Hawaii has some of the best statistics for well-being in the entire nation and we need to keep it up. I also think most people think of well-being as just physical fitness, and it's more. In Hawaii we know that well-being is about everything from plate-lunches to the ocean to soft breezes to a rich culture of artists and native traditions to living aloha. We have a great life here and need to protect ourselves from forgetting.

(Interview is continued on page 2)

## 52 Weeks of Well-Being

*Building Resiliency through Mindfulness and Art*



**Vali Hawkins-Mitchell**  
PhD, LMHC, CEAP, REAT

## 2. Our New Website — [www.EAPacific.com](http://www.EAPacific.com)

We're also excited about rolling out our new website! In addition to signing up for "52 Weeks of Well-Being," there are great new sections that explain the variety of ways we help employees. And you will find great articles, self-assessments, and web links that can help. Some examples of our newest articles you can read and download:

- 50 Ideas for Self-Care
- Developing Resiliency
- Dealing with Angry Customers
- The Impact of a Co-Worker's Death
- Addressing Stress to Increase Success
- Bullying
- Domestic Violence
- Emotional Intelligence
- Suicide Prevention
- Harassment
- Coloring for Grownups

We hope you find a variety of information that can help you with your work OR your life!

And don't forget to sign up for your free 52 Weeks of Well-Being here on the home page!



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

[www.EAPacific.com](http://www.EAPacific.com)

(808) 597-8222

Toll-Free (877) 597-8222

[info@eapacific.com](mailto:info@eapacific.com)

1221 Kapiolani Blvd., Ste. 730  
Honolulu, HI 96814

## 3. Our Provider Network

While you're on our website, take a look at the **About Us** section and you'll see that we have the **strongest network of EAP providers available** across the Hawaiian Islands. Wherever you are, we have an experienced clinician nearby ready to work with you and help with whatever is impacting your work or your life.

Note that some companies also cover their Mainland-based employees as well as their International employees through us, so wherever their employees are we can help! As more of our companies go Global, we have done the same.

Remember that your EAP is a free benefit to you and completely confidential. Your employer wants to take good care of you and provides these services to you because they care about you and your overall well-being!

## 4. And more...

While you're on our new website, check out our new Employee Orientation Video (a button on the Employee section) for a quick overview of our services.



[CLICK HERE FOR OUR ORIENTATION VIDEO](#)

And if you're still unsure about whether you can rely on your EAP, you can see what other people have had to say about us.



[CLICK HERE FOR TESTIMONIALS FROM SOME OF OUR CLIENTS](#)

Mahalo for letting us share about the new ways we have of supporting you! Please call us when you need us!

## Dr. Vali interview (continued)

**EAP:** Why do you think this is important here when according to Gallup research, Hawaii is already number one in the country for the highest well-being?

**Dr. Vali:** Silly question. Because we want Gallup research to reflect and report that every year.

**EAP:** So how does it work?

**Dr. Vali:** You sign up, open your email, read the word for the week, read the tips and ideas, print out the art page and do the little project. You think about the weekly word and how it resonates or doesn't resonate in your daily self-care practice. You become more mindful of the ideas, find your own and expand your self-awareness, little by little, one day at a time.

**EAP:** Art exercises and mindfulness meditations? Isn't this a bit "touchy-feely" for Hawaii businesses?

**Dr. Vali:** Beyond the fact that research has shown that art practice and meditation practice contribute significantly to mental and physical well-being, and to the bottom line of business, it is just fun to do art. We used to love our art in grade school when there were no judgments about outcome, we just enjoyed it. We used to daydream in our youth, meditating on a flower or a random bug that crawls by our foot. We weren't scrunching our brains and bodies to survive, we played and felt that openness that comes with letting go. Art, without judgment, just doing fun for fun, is similar to meditation in that it lets us get out of our own way for a few moments. The benefits are amazing. People assume meditation has to be sitting for an hour in the lotus position, but meditation can be so much more. In fact, people who have had trauma do much better with "open eye" meditation than other formal styles. Art can be a means to mindfulness that is safe and gentle. And fun. And silly. And no one has to see it but you.

**EAP:** Would employers want their employees doing this during their work hours?

**Dr. Vali:** Great question. Clearly it depends on what the work is. I do not want my neurosurgeon meditating or coloring on the job. On the other hand, on a coffee break that might be fine. Most employers are learning that a healthy employee is a productive employee and that it is fiscally valuable to support well-being for individuals and the bottom line. Perhaps if they can't do the art during work hours, it might be supported by an art table in the lunch room. Or take it home and do it with your children and have an art wall in the office to share your art and your kids' art. Or have an art training event for teambuilding. In other words, employers need to get more creative to support the well-being of their employees while still finding ways to maintain work performance standards. This is what best practices are for companies.

EAP is a short-term confidential counseling and work/life 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. 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.



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

[www.EAPacific.com](http://www.EAPacific.com)

(808) 597-8222

Toll-Free (877) 597-8222

[info@eapacific.com](mailto:info@eapacific.com)

1221 Kapiolani Blvd., Ste. 730  
Honolulu, HI 96814

