



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

EAP Newsletter

4th Quarter 2017

Art for Well-Being

I've been seeing all these adult coloring books around and wondered if they can help me?

Research shows that engaging in any kind of art practice provides many unexpected benefits, including improved decision-making, socialization, creativity, self-care, sleep, stress management, immunity, blood pressure, thinking, productivity, and more.

But what if I'm not artistic?

You do it for yourself. Who cares how it turns out? Practicing art isn't something that is the sole domain of people who call themselves artists and does not require artistic ability, training, or previous experience. We are all artistic in that we find ways to express our uniqueness through our relationships, work, play, and simple presence on this planet. Practicing some kind of art adds to that and can bring greater peace and meaning to life. Art practice can aid in conflict resolution, increase mindfulness, encourage development of social skills, relieve stress and anxiety, encourage personal empowerment, and can just be a lot of fun. It doesn't need to be fine art or commercially viable, or even good art, to be a wonderful part of your life.

So I should be coloring at work, right?

Your employer probably doesn't want you coloring while you're working – none of us want our surgeons or air traffic controllers coloring on the job! But activities that support overall well-being outside of work or during your breaks are related to your work as they are both compassionate and fiscally responsible. Billions of dollars are lost annually in work loss due to stress and lack of engagement. Healthy employees are more engaged and therefore more productive. And art isn't just coloring books. Art practice also can mean dancing, singing, painting, playing an instrument, doodling, origami, flower arranging, and so much more! Some companies encourage creative and artistic group activities. Maybe you can introduce the idea!

Any other art-related tips?

You don't need an adult coloring book to be artistic. You can access the benefits of art practice with a simple piece of paper and something to scribble with – a color crayon, a pen, pencil, marker, or paint. It is the action of the creativity, not the product, that creates benefit. Doodle or scribble or make weird shapes! Sing in your car. Dance in your living room. It doesn't need to be "fine art" to count. Just do something. Art for well-being is an individual and safe process that should not include any judgment about the outcome. It's for you and your well-being alone.



9 Practical Tips for Your New Year's Resolutions

It's that time of the year again. Around the New Year is when many of us start thinking about those pesky New Year's resolutions. We studied what the experts say and boiled it down to our top nine tips:

1. Choose goals that make sense emotionally.

What can you do or change that holds an emotional purpose — not "losing weight" or "eating better," but something that will sustain you through the year? Are you checking in with friends or just hitting "like" on Facebook? Where are you spending your time, and with who? Decide to treat yourself better and make a goal of doing something in 2018 that sustains your heart, your core, your emotional well-being.

2. Set yourself up to succeed.

A goal should be specific, achievable, and measurable. You're more likely to keep a positive goal than a restrictive one. And most goals take time, so look at small changes that you can make successfully. Allow yourself time to change, and keep in mind that change is a process, not an event.

3. Sign up for something and carve out time to do it.

What can you do that will energize you next year? Can you sign up for an art class, next year's marathon, a gardening project or volunteer event, a service

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New Year's Resolutions (continued)

club, a cooking class, a church choir, or SOMETHING that will lead your forward toward your larger goals?

4. Go easier on yourself.

Be as kind and gentle with yourself as possible. Be your own cheerleader and your greatest fan. Catch yourself when you find yourself speaking or thinking about yourself in a negative way, and instead, treat yourself as you would treat a beloved — someone you love and respect. It gets easier with some practice!

5. Take a vacation.

The saying is, "Travel is the only thing you buy that makes you richer." Carve out time to relax, explore, learn, see family (or avoid family), and broaden your horizons. Combine this with a goal (see #1) that makes sense emotionally, and it's even better! Research shows the benefits of taking a break from work on long-term health and well-being, so start planning your vacation (or Hawaii staycation) today!

6. Release some stuff.

Purge that clutter. Take control of that garage, kitchen counter, storage unit, cascading shelving unit, desk, or cupboard. Releasing and cleaning is a first step in most prosperity books and many cultures around the New Year — it helps reduce visual clutter as well as mental clutter and leaves space for less quantity and more quality.

7. Anticipate temptation.

Whether it's cutting back or stopping smoking, drinking, gambling, internet use, or anything you overdo, the more you pressure yourself to quit, the more that rebellious part of you wants to fight you. Enlist support — call the EAP or ask friends, family, 12-step group, and co-workers to support you as you make a healthy change. That support will help distract you from temptation until you overcome it entirely. And don't beat yourself up for slips along the way, just keep making progress!

8. Honor Hawaiian values.

Listen more this year to local music, and support local musicians and venues. Shop locally more often, and buy locally-produced items and food. Increasing your sustainability thinking will help sustain you! Study some aspect of our history. Examine your overall *kuleana* (responsibility) and realign if needed. Read a great book on Hawaii's history or values. (Rosa Say's second edition of Managing With Aloha: Bringing Hawaii's Universal Values to the Art of Business could be a great place to start!)

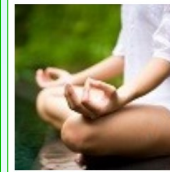
9. Live in gratitude.

Embrace a lifestyle full of *mahalos*. As Rosa Say writes, "Live in thankfulness for the richness that makes life so precious." It's not just a Hawaiian value, it's our way of life here. Focus on the positive more this next year instead of all the crazy politics, traffic, etc. Thank the bank teller, store clerk, nurse at the hospital, construction worker, janitor, hotel worker, teacher, and bus driver. Thank yourself for surviving 2017. Live in that "gratitude attitude" more in 2018 and it will indeed be a better year!

Articles On Our Website

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

Here are a few examples:



DEVELOPING RESILIENCY

Imagine the last upsetting event that you experienced. What was your reaction to it?

[Read More](#)



ELEVEN HOLIDAY STRESS TIPS

Let's face it—This hasn't been a fun year for many people.

[Read More](#)



50 IDEAS FOR SELF-CARE

If you just need some good old fashioned self-care (and who doesn't?)...here is a list of great ideas.

[Read More](#)



SUICIDE PREVENTION

When we find out that a friend, loved one, or co-worker may be thinking of suicide, often our fear of...

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CANNABIS AND YOUR JOB: WHAT YOU NEED TO KNOW

Attitudes about cannabis (marijuana, pakaloko) have certainly changed in the last few years. The recreational use of cannabis has been...

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DEALING WITH ANGRY CUSTOMERS

If dealing with irate customers makes you want to drive home, jump back into bed, and hide under the covers.....

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

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