



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

EAP Newsletter

1st Quarter 2016

Hawaii is #1!!

Hawaii reclaimed its title this year as the State with the highest overall Well-Being, according to a Gallup-Healthways U.S. poll. We have had that title five times since this annual measurement started in 2008.

We have the highest **Physical** Well-Being score – we’re more active and healthy here. We love our **Community** (second highest state), stay **Financially** stable (third highest state), enjoy our **Purpose** and what we do in our careers (fourth highest state), and are above average (16th highest state) in **Social** Well-Being.



Social	•Having supportive relationships and love in your life
Financial	•Managing your economic life to reduce stress and increase security
Community	•Liking where you live, feeling safe and having pride in your community
Physical	•Having good health and enough energy to get things done daily
Purpose	•Liking what you do each day and being motivated to achieve your goals

This is absolutely a great place to live and work. So now what? Do we coast and relax until we lose the title next year, or keep doing what it takes to retain the trophy? Let’s stay winners!!

As your EAP, we’re working every day to do what we can to help keep you strong and healthy, help you find ways to keep enjoying your work and your life, and help you reclaim your purpose if it ever gets lost. We’re adding new services to help you with financial worries and planning. We’re adding exciting new Well-Being services (more to come...) to help all aspects of your Well-Being. We want to be able to help with any part of your life that gets off track to boost your resiliency and your Well-Being.

But what about our state’s lowest rating? What can we **all** do to help increase that Social Well-Being? We have been hearing complaints about us losing our Aloha around the islands. People don’t talk with each other on the bus, they stay plugged in to their iPhones. People don’t get up as much for kupuna. People don’t say “hi” on the streets quite as much as they used to. To remain the People of Aloha, let’s work on continuing to share that aloha spirit. Smile at a stranger, unplug your music for a few minutes to say hello to a neighbor, give up a seat on the bus for someone, pick up a piece of litter someone else has dropped because they forgot about the 'aina, and above all, think kindly about those who came before you and those who come after you. Just do your best, not to win some Gallup poll, but because it is pono.

Ua mau ke ea o ka 'āina i ka pono

"The life of the land is perpetuated in righteousness"



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. **(808) 597-8222** Toll-Free **(877) 597-8222** info@eapacific.com



“Walking is man’s best medicine”

Hippocrates, considered one of the most outstanding figures in the history of medicine over 2,000 years ago, said this. He couldn’t have been more right. But this isn’t news. Legendary walkers — from Aristotle to Thoreau, Beethoven to the youngest Grand Slam champion in history (Russian-born Maria Sharapova), and Sarah Marquis (who walked 10,000 miles across Asia) — all know the value of putting one foot in front of the other.

Did you know that you could reduce your risk of dying from heart disease by 35% just by walking 25 minutes a day? Did you know you can lower your blood pressure and cholesterol, reduce your risk of diabetes and cancer, ease depression, and keep your memory sharp?

Harvard Medical School published Walking for Health, which walks you through the amazing health benefits of this simple exercise, including:

- 1/3 of all heart attacks in women could be prevented just by walking.
- Your blood pressure could be lowered with short walks.
- Walking can help prevent osteoarthritis by helping lubricate joints.
- Walking can improve your lifespan by three years just by walking for 30 minutes five days a week.

Here in Hawaii we are blessed with great weather most of the time, so we have fewer excuses not to lace up our sneakers and get out the door. Enjoy a quick walk on your lunch break, before work or pau hana, and your step-by-step journey will help your overall journey!



“Da ocean makes everything bettah...”

How many times have you heard that wise advice? It turns out that it’s true for several reasons.

A scientific study in Health and Place Journal found that living by the coast (in England) improved health and well-being. The authors suspected these effects “may be due to opportunities for stress reduction and increased physical activity.”

Wallace J. Nichols, a marine biologist, writes that we all have a “blue mind” — “a mildly meditative state characterized by calm, peacefulness, unity, and a sense of general happiness and satisfaction with life in the moment” that happens when we’re in or near water. He says there are several advantages for finding this “blue mind”:



1. Water gives our brains a rest from overstimulation and busy homes and offices.
2. Water can induce a meditative state.
3. Water can inspire us to be more compassionate and connected.
4. A blue mind is a creative mind — a shower or the ocean is like a brain mini-vacation and helps brains make connections.
5. Exercise by or in water is good for our bodies and brains.

When people around the world are asked to choose their favorite color, the most popular answer is blue. There’s a reason people visiting our state pay extra for an ocean-front room and why oceanfront property is so expensive. So go take advantage of our amazing gift. And treat it well so it can keep sustaining all of us.

Wheeler, et al. Does living by the coast improve health and wellbeing? Health & Place, Vol 18, Issue 5, Sept. 2012, pp. 1198-1201. Nichols, Wallace J., Blue Mind, 2014, quoted in Huffington Post article by Carolyn Gregoire, Feb. 25, 2016.



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