



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

# EAP & PAP Newsletter

2019—Edition 1

## Who helps the Helpers?

Are you a caregiver? Are you the kind of person that is always helping others? Do you sometimes feel like you give more than you get back? We don't want you to get burned out because what you do is important. People depend on you. So where do Helpers and Caregivers go to get help and support? They call their EAP (Employee Assistance Program) or PAP (Physician Assistance Program) and set up a time for a self-care break.

You can call us or go online to reach out and let us help you get connected with resources to make your job and your life easier. You have a great benefit in EAP/PAP that you may think you don't have time to use. The truth is, when caregivers hesitate to get the support they need, they put themselves and those they are taking care of at more risk. Don't wait to call until you are "running on empty." Come and get a re-fueling session and maybe even some new ideas so you can avoid the dangers of getting compassion fatigue burnout.



## Working with Millennials

There is a lot of buzz about the supposed challenges of working with Millennials (now ages 23 to 38). Some people say they are difficult, others say they are magical. Millennials, no matter what you think, are basically just young people starting out in the workforce. Newbies. They are on their way to figuring out what kind of people they are, at home, in their private lives, and in their careers.

You have the task of doing the same thing, no matter where you are in your age or stage of life. What kind of person do you want to be? Are you interested in being a positive influence, making a contribution, finding meaning in your own life? These are the basics of creating your own healthy work life. You can model that for Millennials and for other co-workers on your team. The bottom line then isn't about "them" as much as it is about "you." What is your attitude? Who do you want to be? How do you want to be feeling at the end of your day, month, year, career? We always have challenges with people and tasks at work. That's why they call it "work" and not a "vacation." Difficult people at work are not limited to one age or kind of person. If you are challenged by any type of personalities at work, call for an EAP/PAP session and let one of our providers help you navigate your work life.



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Counselors are available across Hawaii.

Legal, Financial, and Eldercare Consultation is also available.

EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC



Physician Assistance Program

**(808) 597-8229**

Toll-Free (877) 597-8222

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

## Talking Story with Someone Neutral

When people call their EAP, they aren't always sure what they should say when they ask for help or try to describe why they are calling. That's not a problem. There may be times when you might just want to talk story with someone neutral outside your family and work. Maybe you aren't sure what to talk about. That's okay. We can do that. Just say, "I want to talk story with someone outside work and home."

Maybe there is something specific on your mind, like "I'm having problems in my marriage," or "I want to talk about parenting," or "I'm not getting along with someone at work." Just let us know so we can get you to the best provider for that specific issue.



We are here for you as a free benefit provided by your employer. It doesn't need to be a big crisis to speak with an EAP provider. We have over 60 licensed and trained counselors who are prepared to speak with you about anything small or large. If you want a safe place to talk story, or if you need more, we have the resources to help. Just call.

## Spring Forth

Daylight Savings time starts for others soon. For us in Hawaii, we don't have to set our clocks differently, but we have to remember that many of our Mainland friends, family, and work associates will be readjusting to the new hours. It also means we are finally headed into warmer weather here. While many have been suffering storms and snow, we have had to pull out our one thickest blanket and wear a sweater. Even though we complain about how cold it is, when we see those news stories about another Mainland blizzard, we all know how fortunate we are to live here. Yet one thing we all tend to forget is that spring, no matter where you live, can mean we forget to move into it gently. Spring moves us into summer gently and we forget and swim and surf and run around when maybe it is smart to work into it a bit gradually. Go ahead and wear that sweater. Check the surf conditions and water temperature before you go in. Balance your BBQ's with good choices. If you start a new exercise program, take it easy at first and pace yourself. And then, since everything is good and rosy right now, it is a perfect time to start getting your Hurricane Kit ready for June-November. Right? If you get one or two things each time you grocery shop, it won't crunch your budget, and you'll be well prepared for any "just in case" thing. Spring forth into a great summer, one day at a time!

## 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?

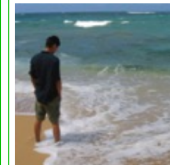
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### DEVELOPING PERSONAL RESILIENCY IN THE HEALTHCARE FIELD

Resilience in physicians and other healthcare practitioners is up to organizations AND the individuals...

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### THE IMPACT OF A CO-WORKER'S DEATH

Coworkers are very much like an extended family. You spend most of your waking hours with them, forging special bonds...

[Read More](#)



### CANNABIS AND YOUR JOB: WHAT YOU NEED TO KNOW

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

[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](#)

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

Or your PAP website at [www.HawaiiPAP.com](http://www.HawaiiPAP.com)

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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