



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

EAP & PAP Newsletter

2019—Edition 2

Distracted Driving

Distracted driving is dangerous, claiming 3,166 lives in 2017 alone.

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

Hawaii has several laws against texting, talking on a cell phone, and other distractions while driving. Drivers under 18 are prohibited from using any electronic device at any time while driving, and commercial drivers face hefty fines and a possible loss of their driving privileges. <https://www.nhtsa.gov/risky-driving/distracted-driving>



Distracted at Work

INTERNET: A 2012 salary.com survey reported at the top of the "wasted time" list was employees accessing the Internet for personal business while at work. 64% of respondents said that they visited non-work-related websites every day while on the job. 61% admitted to wasting two to ten hours each work week on personal Internet tasks while at work.

COWORKERS: Coworkers can be a huge source of distraction. Setting boundaries with coworkers is the same as you do with anyone else. If you know someone is a chatter addict, let them know you are working, schedule a lunch meeting, or direct them to EAP for support if they are having a problem you don't have time (or expertise, or interest) to help with.

Some people can wear earplugs or noise canceling/reduction headphones to work. Some are allowed to listen to music. It's okay at work to say, "I'm sorry, but I'm busy and will have to get back to you."



BRINGING PERSONAL LIFE TO

WORK: (Because Life Happens!)

Kids	Traffic	Work changes	Car Problems
Pets	Weather	The News	Forgot your lunch
Partners	Groceries	Illness	Co-Workers
In-Laws	Cleaning	Paying Bills	Computer Glitches
Laundry	Meetings	Catastrophe	Responsibilities

TIPS FOR MANAGING DISTRACTIONS: (Continued on page 2)



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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

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www.HawaiiPAP.com

Can I Use CBD Products?

CBD (Cannabidiol) products are for sale everywhere. Before you buy or try them, it's important to know how using these might impact your job. Download our CBD flyer (search for "CBD" at www.eapacific.com)



to find out more about the difference between THC and CBD and the potential risks of failing a drug test with the use of some CBD products available across the state.

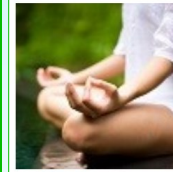
TIPS FOR MANAGING DISTRACTIONS: (Continued from page 1)

If you can set appointments on your phone for a reminder, you won't have to worry about forgetting. Remember that work time is temporary, and you can deal with the "easy" stuff later. The harder stuff isn't going to be fixed just by worrying about while at work. In fact, that might make it worse if you risk your job.

- If you find yourself distracted, STOP, and refocus.
- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in the car is distracted.
- Encourage friends and family to drive phone-free.
- Log out of all websites and remove bookmarks that are not work related.
- Turn off the computer screen when not in use.
- Go clutter free, remove chaos.
- Kindly tell over-chatting work buddies that you don't have time to talk except about work unless you're at lunch or on a break.
- Write a to-do list for the day and reduce other items that might distract you.
- Make lunch and after work your social mediums, not technology.
- If distraction at work is because you are bored, ask your boss to give you more work. Most will be happy to comply.
- Learn what your personal distractions are and work at redirecting your mind and emotions in another more productive direction.

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](#)



HUMAN CONCERNS IN DISASTER RECOVERY

Those responsible for taking care of companies after disasters need to think about the human impact...

[Read More](#)



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](#)



8 SIMPLE WAYS TO CREATE A MENTALLY HEALTHY WORKPLACE

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

[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

Or your PAP website at 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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