

As the New Year Turns

"Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use." ~ Earl Nightingale

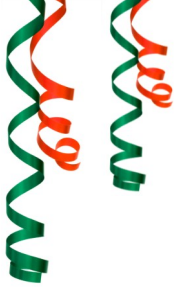
Slow Down for Smarter Holiday Eating

It tastes so good, I can't wait to have seconds—zoom! There's evidence that very fast eaters who eat until they are full are three times more likely to gain weight than others who don't eat fast.

During the holiday season, try enjoying what you're eating, but take your sweet time doing it. You just may eat less.

The idea is not new. "Gentle eating" seminars are a key component to many eating disorder programs, and what they teach may be a strategy that could work for you. Pause a few seconds between bites. Engage in some conversation during the meal. Don't adopt an attitude of denial. You can still have those seconds, you will just take a few minutes after finishing the firsts to savor the experience before getting more. Allow yourself to enjoy the company around you prior to refilling your plate.

By allowing your body and brain some time to communicate, you can reduce overeating and enter the new year in a healthier state.



Celebrate !

In our Island home we share the Holiday Season with friends and co-workers of many beliefs and traditions. Each of us may have a personal or spiritual connection to the season, but these reasons for celebrating seem to unite us all.

- * Holiday traditions are comforting. The human need for tradition and ritual seems to be deeply ingrained. It's comforting to do things at the same time every day or every year: things we did as children, things our parents and grandparents did. It gives us a sense of continuity, of being part of a pattern that's larger than ourselves, of passing along ideas and customs that we hope will live on after we die. And when those customs and rituals are about

joy and celebration and people we love and so on, that makes it especially significant.
(Continued on Page 2)



Mele Kalikimaka
Hauoli Makahiki Hou



Celebrate !

Continued from Page 1



* The holidays connect us with our ancestors...and with the earth and the seasons. The changing seasons were a critically important part of our ancestors' lives; a matter of life and death, watched and marked with great and careful attention.

The winter solstice holidays rose up as a way to mark those changes...in colder climates to celebrate the all-important imminent return of the sun, warmth and longer days. In Hawai'i the winter Makahiki season was a four month period of religious ceremonies, celebration, and rejuvenation. Celebrating the holidays reminds us of what life was like for the people who came before us -- the people who are responsible for us being here.

.....with thanks to Christina Greta AlterNet.org

Is it Time for New Traditions?

Consider ways to shift more of your energy to the holiday traditions that mean the most to you.

The month of December can produce extra stress. If you find yourself caught up in the hectic trappings of the holiday season, you're not alone. It can be easy to lose sight of the deeper traditions and the relationships that make holidays meaningful to us in the first place. You and your family can adopt some new traditions that may help relieve the seasons stress and make your holidays healthier and happier. Ask yourself what it is about the holidays that means the most to you. Where are you putting most of your energy? Consider ways to shift more of your energy to the holiday traditions that mean the most to you.



Do you really enjoy all the rituals or have they have become habits? Try adopting less elaborate traditions of holidays past. Don't be afraid to scale down gift giving. Organize a gift exchange so that each member of the family only shops for one other person. Set gift value limits to keep gift giving from growing out of proportion. If your annual party is too much to handle, postpone it until after the holidays when you have more time to prepare. If you are unable to be with your family, get out around people. Plan to be with friends or volunteer to help others who also may be separated from their families.

Children are especially vulnerable to commercial stimuli during the holiday season. But basically all kids really need are realistic expectations about gifts, a less hectic holiday season, and strong loving family traditions. Include your children in as many of the preparations as possible. Let them help you decorate and bake, even if it means your creations aren't perfect. Teach them the meaning of giving. Adopt a needy family and have your children help you prepare a meal for them. Or suggest that they buy a gift for an underprivileged child with their own money.



This year strive to create meaningful and memorable experiences. With some creativity, a touch of discipline to say "no" to certain seasonal demands, you can make this year's holiday season one you and your family truly cherish.

Employee Assistance of the Pacific



1221 Kapiolani Blvd, Suite 730
Honolulu, HI 96814

Phone: 808.597.8222

Toll Free: 877.597.8222

Fax: 808.597.8230

Email: Info@EAPacific.com

Website: www.EAPacific.com