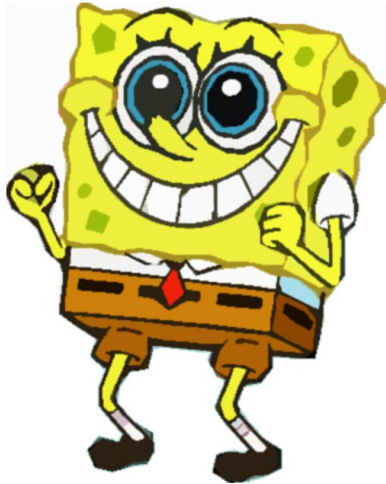


A New Year — What's Old and What's New...

COVID-19 is getting REEEAAALLLY Old...and yet, each new variant creates new opportunities to be either positive or negative about it all. And the same can be true every day, week, month and year.

Some go for the “fake” Happy.



Some go for the “doom” Gloom.



Perhaps you can instead:



Your EAP suggests you learn to practice BOUNDED OPTIMISM, or the Stockdale Paradox:

US Navy Vice Admiral James Stockdale was the highest ranking prisoner in Vietnam.

He took on a mission to communicate to his fellow prisoners a sense of hope in a very difficult situation. His “bounded optimism” of providing **inspiration, hope, and resistance** (all tempered by reality) helped his fellow prisoners find the strength to survive their lengthy ordeal.

He understood that telling fellow POWs they would be “home by Christmas” did not serve them as well mentally and emotionally as helping them understand and adjust to that it might take much longer.

His important lesson, just as relevant today:

“You must never confuse faith that you will prevail in the end — which you can never afford to lose — with the discipline to confront the most brutal facts of your current reality, whatever they might be.”

[continued]

A New Year — What's Old and What's New... (cont.)

Instead of making resolutions this New Year (that you may or may not keep), think about how you can:

- Balance the challenges of your personal and professional life with a healthy energy that considers new methods to manage old situations,
- Find sustainable goals,
- Maintain excellent self-care, and
- Be gentle with yourself.

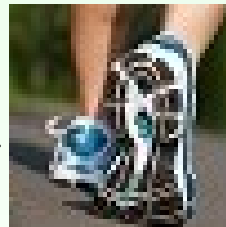
And, following the teachings of the Stockdale Paradox, how can you:

- Continue to renew your faith that you will get through this, and
- Confront the challenges of your reality to get through this and survive.

These are difficult times for some. So conventional wisdom suggests we all need to learn to pace ourselves. In the long run, we will be better served acting as if life is a marathon than frantically racing a sprint to the finish line.



We can learn to manage our precious energy more like a dimmer switch: increasing it when needed for goals or projects, and dimming it to rest and recuperate. **In order to be a Light for yourself, and others, burning out is NOT sustainable.**



If you haven't signed up for our [52 Weeks of Well-Being](#), please do! You can start each week of the entire New Year with a Resiliency Boost delivered to your email. If you have already done this, sign up again (use a different email address)! You can also sign up for a 30-Day personal Challenge.

We wish you all a safe (safer) 2022 and remember that we are here for YOU and your family 24/7/365 for questions, ideas, support, trainings, consulting, counseling, coaching, and mentoring you forward. You aren't alone.

Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



5 TIPS FOR WORKING FROM HOME STRESS-FREE (PARENT'S EDITION)

This is an article written by James E. Porter, CEO of StressStop.com and is used by permission. When I started...

[Read More](#)



SUPPORTING TRANSGENDER, NON-BINARY, AND/OR GENDER NONCONFORMING EMPLOYEES

Making the workplace an inclusive and affirming place for employees who are transgender, non-binary, and/or gender nonconforming...

[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](#)



MINDFUL EATING

Mindfulness simply means paying attention. A downloadable handy tool to help you eat more mindfully.

[Read More](#)



SIGN UP FOR 52 WEEKS OF WELL-BEING

You can sign up to receive weekly emailed tips for a year that help you build your resiliency. Written by our own Dr. Vali Hawkins-Mitchell...

[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

Please note that work/life services (legal, financial, eldercare, ID theft, mediation) are available to most, but not all, EAP customers. Call us if you have a question.

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.



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

EAP: (808) 597-8222 PAP: (808) 597-8229 Toll-Free (877) 597-8222 info@eapacific.com

1221 Kapiolani Blvd., Ste. 730
Honolulu, HI 96814

