

Happy Spring!

A year ago, spring came too. But we went inside our homes and hunkered down like it was a hurricane drill. The good news is that most of us made it to Spring once again and Spring is here again!!! (Hurrah) And even though we are all advised to remain vigilant and cautious, life feels a little bit more normal. Our March so far feels windy, rainy, and beautiful-normal.

So what do you want to do now? Get ready for summer of course. Which means many people will want to diet, exercise, buy spring clothing, get new haircuts and just freshen everything up from the long COVID-19 months. Here are some smart well-being tips to launch your restart in a way that continues to keep you safe and sane!

FOOD AND HEALTH: Eat mindfully. In other words, you generally know what is good and what is bad for your body. Do the right thing for you. Make small changes over time. Dieting may be useful for some, but it is dangerous and traumatic for others. Find your groove with it and if you want a change, it's up to you to make it. Start with something little. With that success, add another small change. Download the free [Mindful Eating](#) flyer from our website for extra tips.



EXERCISE & ACTIVITY: Moving more does not mean overdoing it right away. Many clinic emergency trips are generated by people rushing out to spring into action too soon and too fast. Do a little more each day for a month: stretch, walk, dance in front of the TV, listen to music when doing household chores, wade in the ocean, and increase your energetic activities over the next couple of months.

SOCIAL & CONNECTED: Think BAR-B-Q but also think about how that can be done while keeping our Hawaii COVID-19 numbers low. There is nothing fun about having a BBQ that ends up with someone in a hospital two weeks later, or worse. It's time to have fun again. But that doesn't mean you have to have your party end up either a statistic or a front-page newspaper headline. Safe can be fun too. Keep wearing that mask to keep yourself and others safe and stay connected six feet away!

(Continued)



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Happy Spring! (continued)

EMOTIONAL & SPIRITUAL: Research solidly confirms that a “gratitude practice” not only increases emotional health and spiritual connections, but it also increases the immune system’s ability to fight disease. A simple practice is to write five things you are grateful for in a journal once a week. It does not have to be more elaborate than: (1) I am grateful for my eyeglass prescription; (2) I am thankful for shoes or slippers since some don’t have any; (3) I am grateful for having a vehicle; (4) I am grateful for my healthy hearing; and (5) I am grateful for a good mood today, etc. Gratitude for the big stuff is great too.



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?

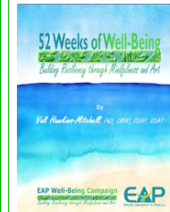
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CANNABIS AND YOUR JOB: WHAT YOU NEED TO KNOW

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

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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.

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(If this is a pdf you may be able to click the links to each article above!)

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Or your PAP website at www.HawaiiPAP.com

Please note that mediation services are available to most, but not all, EAP customers. Call us if you have a question.



RELATIONSHIPS AND CHANGES:

Maybe this has been a rough year for your relationships. According to the Science of Well-Being Project at Yale University, you can increase the positive connections with friends and family and especially spouses by sharing or writing down exactly what you think your life would be like if you hadn’t met or known them. (Watch the old movie “It’s a Wonderful Life” if you need a black and white film nudge.) If your relationship needs a Spring Tune-Up, call us!

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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