



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

EAP & PAP Newsletter

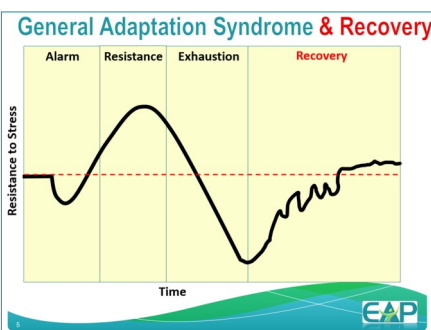
May 2021

COVID: The Second Year

We know, we know... Everyone is getting tired of hearing about the Coronavirus! Pandemic fatigue is creeping in, people are getting tired of wearing their masks, tired of washing their hands, tired of social distancing, and just tired in general. Below are some tips (from our 45-minute [online video training](#)) for this second year that we hope help you move ahead!

It's normal to feel less normal than normal.

Recovery from a global pandemic, or any disaster or tragedy, takes time. Most of us are only starting, or are halfway up, the uphill Recovery climb (the one after that pesky Exhaustion stage!). Most of us, eventually, will end up stronger than we were to begin with, but that may take another several months to a year!



Remember that many people are experiencing mental health concerns.

The challenges and isolation of this pandemic have triggered a variety of issues for people. Issues that were managed well before the pandemic may have become more difficult. It's important to remind your co-workers and family members who are struggling that help is available and remember that we all need to support each other.



How has this impacted stress, and what's ahead?

We took a survey of the 200 businesses we serve to see what they saw and what their guesses were. They responded that before the pandemic, on a scale of zero to ten, stress was at a 4.7. Three months into the pandemic, they reported this rose to a (Continued)

Planning for Retirement

There is never a "best" time to think about retirement, but the pandemic has made more people start looking towards this "second act" of their lives. Research shows us that adjusting to retirement can be difficult. Feelings of boredom, anxiety, restlessness, and uselessness can eat up the fantasy of the well-deserved retirement. Planning ahead is the key to a fulfilling retirement that is more than just "no more work."

Here is a list of the available [tips from our website](#) on this topic, as well as a link for our [downloadable flyer](#):



PLANNING CHECKLIST for Financial, Emotional, and Relationship Readiness

MAKE A NEW BUCKET LIST

FOUR ACTIVITIES ESSENTIAL TO A HEALTHY RETIREMENT

ARE YOU REALLY READY TO RETIRE?

WEBSITE RESOURCES

to help you plan ahead



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

(808) 597-8222

Toll-Free (877) 597-8222

www.EAPacific.com

EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

1221 Kapiolani Blvd., Suite 730

Honolulu, HI 96814

Counselors are available across Hawaii.

Legal, Financial, and Eldercare Consultation is also available.

EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC



Physician Assistance Program

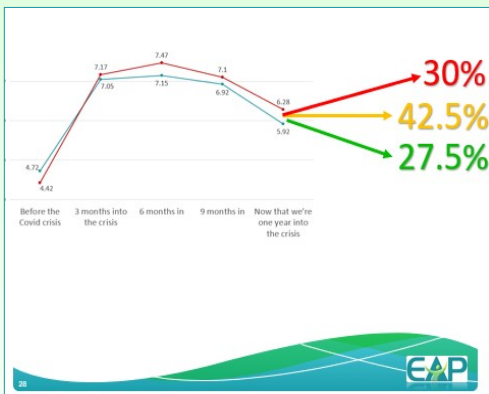
(808) 597-8229

Toll-Free (877) 597-8222

www.HawaiiPAP.com

COVID: The Second Year (continued)

7.2 for Hawaii employees. Six months later it peaked at 7.5, then after nine months it went down a bit to 7.1, and one year into the pandemic it was at a 6.3. Then we asked where they guessed it will be over year two. 30% thought stress would get worse this next year, 27.5% thought stress would reduce, and 42.5% thought stress would stay the same. It's anyone's guess who is right and what's ahead, but we seem evenly split between optimists and pessimists.



One important factor is that 72.5% believe things will be the same (elevated) stress level or worse a year from now. So we all need to do what we can to stay resilient, support each other, and manage our stresses this next year with Extreme Self-Care.

What can I do in Year Two?

- Remember You're Not Alone.** Find ways of staying connected.
- Talk Story.** This Hawaiian value and practice will help us all get through Year Two. When someone says "Howzit going?" be honest. Say "It's been a hard day" if it has, or "Had a good zoom with my ohana" and share positive things if you're feeling positive. (This doesn't give you permission to spew for an hour about how miserable you are or share for an hour how amazing your grandchildren are — if you need that, talk with a friend or call EAP!) Then ask how they are doing! Take the time to "tend and befriend" each other this year.
- Reduce or eliminate Social Media overload.** Limit your exposure.
- Focus on your own safety.** If other people are being unsafe, get back to what YOU can do to stay safe. Wash your hands, wear your mask, etc.
- Take care of your body.** Stick to your routines, it helps to keep your brain focused. Get some exercise, even if it's standing up and stretching after every Zoom meeting, or walking around the block during a break. Get adequate sleep and turn off electronics and start unwinding 30 minutes before bed.
- Focus on your Gratitude.** What has changed for the positive? What can you focus on that brings you up and reminds you you're still alive?
- Get help if you need it.** These days more than ever, reach out for help even if you have never needed to do so in the past. If you see your attitude or optimism slipping, or your depression/fatigue/anxiety/mental health worsening, you can call the EAP for free and confidential support. We are here for you 24/7 and want to help you get through Year Two!

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...

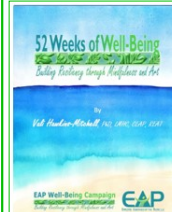
[Read More](#)



DEVELOPING PERSONAL RESILIENCE IN THE HEALTHCARE FIELD

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

[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](#)



DEVELOPING RESILIENCY

Imagine the last upsetting event that you experienced. What was your reaction to it?

[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

Or your PAP website at www.HawaiiPAP.com

Please note that work/life services 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