



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

EAP & PAP Newsletter

November, 2020

Peace

When everything around you seems to be made up of chaos and dissention, what can you do to take care of yourself? It's simple: TAKE CARE OF YOURSELF! It isn't easy during difficult times, but anger and anxiety and hanging on to other negative emotions can lead to illness, creating even more problems. Remember, you don't have to agree with anyone in order to take care of yourself and to be respectful of others. Create a daily practice of at least 3 of the following suggestions for finding PEACE.

- Speak your truth kindly.
- Focus on the positive future you support.
- Manage your own feelings first.
- Set limits and create safe boundaries.
- Don't overexaggerate or underexaggerate.
- Restore order to something that is cluttered.
- Take a break.
- Limit your social media/news.
- Slow down; things don't change overnight.
- Listen to yourself as you speak.
- Listen to others.
- Go for a walk, breathe, enjoy nature.
- Play with your pet, listen to music, dance.
- First thing in the morning read uplifting material.
- Meditate, learn the techniques of mindfulness.
- Do some artmaking.
- Set a new goal, take a class, explore something new.
- Play, write postcards to friends, put up holiday lights early.
- Embrace gratitude.
- Take the long view of history.
- Stand up for what you believe without pushing anyone else down.
- Rest.
- Choose peace, and if you can't, remember you have someone to talk with using your EAP benefit.



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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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Resiliency

Instead of allowing circumstances or situations to control us emotionally, resiliency increases endurance and limits the long-term damages that can result from severe challenges and difficulties. Resiliency provides the psychological strength to cope with hardship, stress, anxiety, fear, and life's most enduring challenges. Resiliency doesn't gloss over problems but is the substance that separates the survivors from those who do not withstand the onslaught of what life sometimes hands us.



WHAT RESILIENCY IS:

- Non-victim thinking
- Empathy
- Increased personal mindfulness
- Awareness of goals and vision
- Positive images of the future
- Realistic optimism
- Knowledge of impermanence perspective
- Ability to have realistic balance of work/life
- Evolving a broad set of learned (not inherited) skills
- Use of methods of compassion for self and others

WHAT RESILIENCY IS NOT:

Resiliency doesn't mean you "bounce back" to your old original shape after a crisis or challenge. There is no bounce backwards. The past is past. Resiliency means moving forward into the new NOW with new meaning.

Resiliency isn't a contest or a magical thing that happens to some special people. It is a choice and a personal life-practice.

Resiliency doesn't mean you don't feel pain, grief, anger, disappointment, sorrow, or anguish. It means feeling our feelings but not dragging victimhood along like TP on our shoes.

Resiliency isn't a false happiness. It is a process to find meaning, clarity, and a sense of presence before, during, and after a challenge.

There are countless ways to increase your Resiliency. Here are 4 ideas to start:

- Find meaning in whatever situation you find yourself in. Look for lessons. Seek wisdoms.
- Build a network of supportive allies. Be a better friend to yourself and others.
- Lean on hope. Hope is a choice and even when it is difficult to find, hope limits feelings of helplessness. And helplessness is not resiliency.
- Find something, anything, to be grateful for constantly. Do not deny the difficulties, griefs, angers, sorrows, or problems; but don't provide negativity emotional real estate.

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](#)



DEVELOPING PERSONAL RESILIENCY 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...

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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.

[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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