



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

EAP & PAP Newsletter

September 2022

Sorry, but THE HOLIDAYS ARE COMING!

Walking into a big box store this weekend, the holiday gear was already there for Halloween, Thanksgiving, Christmas, New Years, Hannukah, and.....OMG...really? Yes. So... As horrifying as it may sound, **the season will sneak up whether you plan or not, so planning could make it all less chaotic.** If you spread out all the tasks a little at a time, it may allow you to actually enjoy the festivities. Children get seriously “amped up” well in advance of the days and helping them pre-plan a little at a time might also give them a sense of balance along with the fun. Let them help make costumes, bake in advance, and wrap things in preparation for early posting to avoid the rush.

***It Really Isn't Too Early...** The number one worry according to surveys is the stress of finances during holidays. One way to “help” is to make a budget, stick to it, AND right now take a bit, a small percentage from each pay period, and stash it away in a savings account (or your mattress) so you have a little cushion in a few months.*

There are dozens of online tips for pre-planning and early preparation for holidays. Here are a few of our favorites:

- Declutter: donate extra stuff now to make room for decorations.
- Make lists, and check and update as needed.
- Buy gifts as you see them — they might be cheaper now or gone later.
- Gift wrap — go ahead and wrap things you will be mailing.
- Make your own cards and costumes — work on them a little each evening in front of football games.
- Stockpile homemade crafts and gifts now.
- Write cards — if you send cards or holiday letters, pre-address envelopes early.
- Buy and store a little extra each grocery shopping trip to spread costs over time.
- Plan the holiday meal, and make and freeze holiday treats.
- Schedule down time — block off time in your “daytimer” to chillax.

MENTAL PREPARATION

- Don't create unrealistic expectations for the season.
- Don't compare your standards with others.
- Set a budget and stick to it.

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National Recovery Month

September marks a month-long national observance to promote and support new evidence-based treatment and practices in the recovery field, sponsored by SAMHSA, the Substance Abuse and Mental Health Services Administration.

National Recovery Month

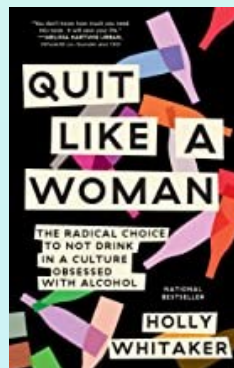
Every Person. Every Family. Every Community.



SAMHSA
Substance Abuse and Mental Health
Services Administration

As your EAP, we work with employees who call us for concerns about their own substance use or abuse, as well as concerns about their family members. We also assist those employees who have violated their company's drug or alcohol policies or who have violated Department of Transportation drug and alcohol regulations. Helping these impaired employees find appropriate help is one of the cornerstones of the entire EAP field.

In recognition of this month, we are sharing book reviews for two of our favorite new books on the topic of recovery that we have found helpful.



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Counselors are available across Hawaii.

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Physician Assistance Program

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The Holidays... (continued)

- Stick to a routine, create a plan.
- Take time to take time, and adjust as needed.
- Holidays are busy, but it isn't a contest.
- If you have a meltdown, take a break, breathe, get support.

HOLIDAY TRAVEL TIPS

- Prepare paperwork and travel documents.
- Check that passport and ID are current.
- Assure you have health care where you are going.
- Do you need foreign currency?
- Book as early as you can.
- Help children practice packing.
- Look at weather patterns for what to bring.
- Pre-plan luggage choices.
- Talk to your doctor if you require extra medications.
- Take out travel insurance.
- Decide on transportation to and from airport.
- Budget holiday money, plus a little more.
- Create emergency contact information.
- Pre-arrange pet care.
- Check your mobile phone service for location.

Recovery Month (continued)

Quit Like A Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol

By Holly Whitaker, 2019
Dial Press NY

This NY Times Bestselling author generously shares her story of recovery in all its messy, complicated, and brutally honest self-reflection that is required if we are going to change. She then adds to this mix the strange labyrinth of trying to recover in a male dominated system that helps and hinders her process of change. Her desire is one of encouraging freedom to find your way towards health. A woman to woman talk straight to the heart of our addiction culture.

Recovery: Freedom From Our Addictions

By Russell Brand, 2017
Henry Holt and Company Publishers NY

We know Russell Brand the comedian actor but this writing reveals the struggle he and his family have gone through with his numerous addictions. With his dry wit and perspective, Brand shares what over 15 years of recovery has taught him about change. His explanation of the 12 Steps of Recovery takes the mystery out of this process and the suggested assignments at the end of each chapter can help you start on the journey to recovery. His rewording of the 12 steps is both humorous and captures the raw reflection of addiction. While his discussion mainly focuses on alcohol and drug addiction, he also provides suggestions on how the steps can be applied to other addictions like sex and food. A clear guide at recovery through the 12 steps of recovery created in Alcoholics Anonymous that has relevance to all who are brave enough to look at the flawed humanness we possess.

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...

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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...

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MEDITATION FOR WELLNESS

Our lives are full of demands at all different levels. All demands affect us, some to a mild degree, and...

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DEALING WITH ANGRY CUSTOMERS

If dealing with irate customers makes you want to drive home, jump back into bed, and hide under the covers.....

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

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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.



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