



Employee Assistance of the Pacific

Summer 2014

EAP Newsletter

## EAP..... No Problems Required



### EAP—A DAY SPA FOR YOUR MIND

.....a space where you can come away with a deeper sense of peace and renewed energy

Many people are surprised to learn that EAP offers assistance that goes far beyond solving serious problems inside and outside of work. If you are looking for a coach, a guide or just an impartial listener EAP counselors are professionals at the job.

Even without serious personal issues many of us experience everyday levels stress that are uncomfortable and in many case can be unhealthy. EAP is the perfect resource to learn relaxation techniques and other ways of reducing your stress.

EAP sessions are available at no cost to employees and their family members. They can be in person, by phone or via web counseling. Phone our office today and start creating the life you're looking for. These are just a sampling of the topics your EAP counselor can help with:

- \* Improve or maintain your wellbeing
- \* Organize and manage time more effectively
- \* Plan for life changes
- \* Adapt to new job responsibilities or career changes
- \* Move forward on an important personal or professional issue
- \* Stay on track with a positive lifestyle change

### How to Help a Co-worker with Personal Problems

Do you have a coworker whose personal problems impact you by having to take on some of their work? You may have tried to ignore the problem, but notice that you're starting to feel resentful. Instead of ignoring the problem, it might be better to talk to your coworker about it.

- You might want to tell them about how your workload has increased and how that impacts you.
- Maybe giving them a friendly reminder about the EAP would be the most compassionate thing you could do.
- Talking with a coworker about these issues is never easy, so getting some professional guidance first would probably be a good idea.
- Consider making an appointment to speak with an EAP counselor to discuss some strategies for dealing with your coworker.



..is a short term confidential counseling service, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life.

Our experienced counselors are available across the Islands and can be contacted by phoning or emailing our Honolulu office.

## MID-LIFE MODIFICATIONS

It's coming - midlife! Can you avoid the much-discussed "midlife crisis" that comes with it? Although the midlife crisis has been called a "creature of the imagination" and research disputes its existence, planning for mid-life can make getting "over the hill" a little easier.

**Accept midlife as a time of transition** and a tool for personal growth. You are moving from thinking about how many years you have lived, to how many years you have left to live. It's normal, but it creates anxiety.

**Plan ahead to avoid regrets** by reworking the balance between time devoted to important relationships versus the time you have invested achieving vocational and financial security.



**Think about your values.** Use these values to guide you in acting on tough decisions. Examples include improving a marital relationship or relationships with children before they are grown, or engaging in new leisure or recreational, educational, spiritual or community service activities.

**Plan for challenging life events** that will come in the future to reduce their stressful impact (e.g., medical issues of aging parents, gradual erosion of personal health, financial security in retirement, etc.).

Midlife can be a time that brings out desires and impulses that have been unmet or unacceptable until now. Acting to satisfy some of these wants can add meaning to your life, while others may not be in line with your values despite their appeal. A counselor at Employee Assistance of the Pacific can help you sort through the challenges and values of mid-life.

### Honey or Vinegar ??

When you're dealing with a conflict (for example, a dispute with a vendor over a bill, or a disagreement with a co-worker), sometimes the best way to ease the problem is to ask the other person for his or her advice. Soliciting advice has several benefits: it arms you with new information; it makes you appear more cooperative; it helps others see things from your perspective; and it can even turn the other person into a champion for your cause.

**Consider this:** In a recent study, employees who asked their bosses for advice were almost twice as likely to be promoted. The old adage is true: you catch more flies with honey than you do with vinegar.

SOURCE: [Win Over an Opponent by Asking for Advice](#) by Katie Liljenquist and Adam Galinsky



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