

# EAP & PAP Newsletter

January 2025

# Happy New Year!



On behalf of the staff at Employee Assistance of the Pacific and our network of statewide counselors, we wish you all a **Happy New Year!**

It has been a busy but amazing year for us. One of the highlights for me is that I got to spend time with so many of our companies, connecting with thousands of employees at benefit fairs, open enrollment meetings, and through trainings and crisis response services. It was heartwarming to hear stories of how our team made a difference, and I appreciated the feedback on how we can continue to better serve all the employees and their family members.

I wanted to thank the 300 Hawaii companies that partner with our local EAP. Your organization's choice to work with us has helped us grow, allowing us to maintain our pricing for the past **NINE YEARS!** (What other vendor could say THAT!?)



From David Mitchell,  
General Partner

**This year, we also encourage everyone to **BUY LOCAL** whenever possible.** It truly makes a difference. We are grateful for the opportunities we had this year to support many of our covered companies by spending our money here in Hawaii as well. Here are a few **MAHALOS**, from A to Z:

 For regular supplies	 For our new floor tile	 For our crafting addictions
 For great advice and support	 For keeping us properly caffeinated	 For our weekly poke addiction and groceries
 For our gifts to Mainland family/friends and regular sustenance	 For our staff holiday brunch	 For safely getting us around town regularly
 For great dining and entertainment	 For excellent food and lodging	 For "soul-satisfying local favorites"

*A larger list of our current covered companies can be found [HERE](#)*



[https://www.eapacific.com/  
current-client-list.html](https://www.eapacific.com/current-client-list.html)

*Please support local businesses!*



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Counselors are available across Hawaii.

Legal/Financial/Eldercare/ID Theft/Mediation Consultation is also available.



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## START OFF THE NEW YEAR RIGHT!

As we enter the new year, this is a great time to reflect on the past and set intentions for improving the future. Whether you're looking to improve your finances, boost your mental health, or explore new ways to enhance your overall well-being, we are here to support you every step of the way.

A new year often comes with resolutions being made, but it's also a good opportunity to make small, achievable changes that can have a positive impact on your life. Here are a few tips to give you some inspiration:



**1. Set Realistic Goals:** Instead of making overwhelming resolutions ("I'm going to be a completely different person overnight"), try breaking them down into smaller, achievable steps.

**2. Focus on Self-Care:** Taking time to focus on yourself is essential to maintaining your mental and physical health. Self-care can be as simple as taking a break to recharge or practicing some mindfulness.

**3. Strengthen Your Connections:** Nurture your relationships with friends, family and colleagues. A strong support system is paramount for your mental well-being.



**4. Practice Gratitude:** Take a moment each day to reflect on something you're grateful for.

**5. Stay Active:** Regular physical activity can help reduce stress levels, improve your focus, and boost your mood.

**6. Check-In With a Counselor:** Speak with an EAP counselor to get some advice and support for any issues you may be experiencing in your personal or professional life.

**7. Sign up for 52 Weeks of Well-Being:** Start the New Year off with subscribing to receive a set of emailed tips once every week this next year to help you take care of yourself and build your resilience! It's on our website's home page or here's a [link](#)!

## Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



### OVERCOMING LONELINESS

Despite the fact that people are connected more than ever through technology, more of us are experiencing loneliness...

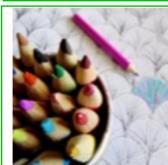
[Read More](#)



### COMPASSION FATIGUE?

The original definition of Compassion Fatigue came from the healthcare industry — "the physical and mental exhaustion and emotional withdrawal experienced..."

[Read More](#)



### COLORING FOR GROWNUPS

The adult coloring books available almost everywhere are proving that picking up your crayons or colored pencils isn't just a...

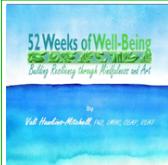
[Read More](#)



### ADDRESSING STRESS TO INCREASE SUCCESS

stress impacts lives and healthcare costs. Half of all adults suffer adverse health effects from stress...

[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](#)

(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](http://www.EAPacific.com)**

Or your PAP website at [www.HawaiiPAP.com](http://www.HawaiiPAP.com)

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.

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EAP and PAP offer short-term, confidential counseling and work/life services at no cost to you, provided by your employer.

These services help identify and resolve issues that may be interfering with your job or personal life. Our experienced counselors and work/life services are available across the Islands and can be accessed by calling or emailing our Honolulu office.



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