

EAP & PAP Newsletter

December 2025

Wellness for the Holidays!



As the year winds down, December gives us a much-needed reminder to **check in with ourselves**. The holidays can be both busy and magical at the same time, and it's easy to put our own well-being on

the back burner while we try to keep up with everything around us. This season, choosing **wellness** means giving ourselves permission to slow down, breathe, and notice what our minds and bodies have been trying to tell us throughout the year.

Wellness doesn't have to be complicated. Sometimes it's as simple as taking a walk outside, drinking enough water, or giving ourselves a few quiet minutes before the day gets busy. Other times, it means **reaching out for support**, talking through stress, or setting healthy boundaries so we don't stretch ourselves too thin. When we care for our well-being in these small but intentional ways, we **create space** for clarity, balance, and peace — things we all deserve, especially during the holidays.

Here at EAP, we'd like to say **MAHALO** for all that you do. As we move through December, we hope that you will make your **well-being** a priority. Let's tune in to what we need, support one another with kindness, and create healthy habits we can carry into the new year. May this season offer you moments of rest, renewal, and genuine care — for yourself and your loved ones. Here's to a **healthy and hopeful** rest of 2025!



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Coping with the Holiday Blues

For some, the holidays highlight loss, distance from loved ones, family conflict, or feelings of loneliness. These emotions are natural, and you're not alone. Here are some strategies for support:

1. **Acknowledge your feelings.** Pushing aside your emotions or sweeping it under the rug does not help you in the long run. Acknowledge the way you feel, honor it, then let it go.
2. **Lighten expectations.** You don't need to participate in every tradition! Placing too much pressure on doing everything is counterproductive and will leave you feeling burnt out. Stick to what is most important, and give yourself grace.
3. **Reach out for some support.** If you're feeling blue, talk to someone about it. You have free and confidential counseling available through your EAP, all you have to do is give us a call.
4. **Create new rituals.** Take a look at your self-care strategies and see if you can come up with new ones. Anything that feels healing or grounding will go a long way.
5. **Connect with community spaces.** If you're struggling with loneliness, your community is a great way to get connected. Attend local events such as festivals, fairs, and gatherings in your community and build those relationships.



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Counselors are available across Hawaii.

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



Physician Assistance Program
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The Art of Mindful Gift-Giving

Gift-giving can be one of the sweetest parts of the holiday season, but it can also bring pressure, financial stress, and the feeling that we need to keep up with **expectations**. Here in Hawaii, where the cost of living is high and many families already stretch their budgets, the holidays can make things feel even tighter. **Mindful gifting** helps bring the focus back to meaning rather than spending, allowing you to celebrate without unnecessary strain.



Being **intentional** about how you give doesn't mean doing less; it means choosing what feels thoughtful, manageable, and aligned with your values. When we slow down and think about what truly matters, gifting becomes an act of **connection** instead of obligation. Your EAP is here to support you with FREE counseling, financial guidance, and wellness resources if the holiday pressure begins to feel overwhelming. You don't have to navigate it alone.

Here are some tips to make mindful gifting a little easier:

- 1. Set a clear spending limit.** Decide on a budget before you start shopping so you're not surprised by the final total.
- 2. Focus on meaning over cost.** Heartfelt notes, shared experiences, homemade treats, or acts of service often mean more than expensive items.
- 3. Consider group gifts.** Pooling resources with family or coworkers can reduce individual spending while still giving something special.
- 4. Skip the extras.** Fancy wrapping, add-ons, and impulse buys add up quickly — and usually aren't necessary.
- 5. Reach out for support.** If financial stress is weighing on you, your EAP offers FREE and confidential financial consultations to help you plan and stay on track.



Check out our website that features additional holiday survival tips by clicking [here](#)!

Articles On Our Website

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



HOLIDAY FINANCIAL WELL-BEING

'Tis the Season for Great Money Management! Between all the gift-giving, meals, decorations...

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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.

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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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SUICIDE PREVENTION

When we find out that a friend, loved one, or co-worker may be thinking of suicide, often our fear of...

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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!)

Check out your EAP's website at

www.EAPacific.com

Or your PAP website at 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.

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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