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Coping with Uncertainty



HAWAII EMPLOYEE ASSISTANCE
SERVICES

A PROGRAM OF CHILD & FAMILY SERVICE
Private, Nonprofit since 1899

Tips to Remember:

- 1. HEAS services are available** to deal with the stresses. Free, Confidential, Professional Counseling.
- 2. Help is available. Ask for support** in reexamining your personal/professional goals and in making decisions.
- 3. Loss/Change takes time** – We all go through the same steps – Denial, Anger, Depression, Bargaining, and Acceptance
- 4. Talk with your kids**, reassure, but be realistic that things might or will change
- 5. Keep busy** constructively, balancing health, diet, exercise, rest, and ohana
- 6. Don't take the loss/change personally** – this will help you be more employable!
- 7. Use the benefits** your company is providing
- 8. Review your finances:**
 - Cut what can be cut – Economize
 - Use cash not plastic
 - Avoid restaurants/malls
 - Make a grocery list, put 10% back (junk/prepared foods)
 - Cut down on entertainment (movies, videos, hobbies, etc.)
 - Talk with bankers/lenders about options (e.g. decreased payments)
 - Use "pennies from heaven" -- existing resources (Collect old debts, sell your skills, old valuables, family jewels, luxuries, have a yard sale)
- 9. Don't neglect work friendships/support** you have built
- 10. Watch for depression**, it is a serious illness, if over two weeks go see doctor/mental health/EAP, or if you start thinking about suicide go immediately. **Watch your drug and alcohol use**, it's not going to help solve problems. Use AA/NA/12-step resources/sponsor.
- 11. Take Care** -- Use Ohana support, communicate, watch temper, solve problems, nurture yourself, have faith, continue to hope
- 12. Hang in there** -- See #1 – Call us at 543-8445. Help is available 24/7.

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Child & Family Service Mission: Strengthening Families and Fostering the Healthy Development of Children

HEAS Mission: HEAS is committed to providing education, counseling, consultation and referral for the purpose of strengthening Hawaii's families and work communities. Our mission as a team of professionals is to provide quality services to our customers in order to enhance their individual and organizational health.