

Los Angeles County
Office of EducationEmployee Assistance
Service for Education

CONNECT WITH EASE

Employee Assistance Service for Education

MESSAGE FROM EASE

In the hustle and bustle of our roles as educators, it's easy to get caught up in the day-to-day challenges and stressors that come our way. However, November is a perfect time to pause and remember the power of gratitude. Practicing gratitude isn't just a seasonal tradition; it's a year-round tool that can significantly impact our mental health. Research has consistently shown that incorporating gratitude into our daily lives can have profound effects on our well-being.

Here are a few reasons why gratitude is worth cultivating:

1. Improved Mental Health: Expressing gratitude has been linked to reduced symptoms of depression and anxiety. It helps shift our focus away from negative thinking and allows us to appreciate the positive aspects of our lives.
2. Enhanced Relationships: Gratitude fosters better connections with others. It strengthens our bonds and encourages a supportive and positive work environment.
3. Stress Reduction: When we practice gratitude, we become more resilient to stress. It helps us cope with the challenges that arise in the field of education.
4. Increased Happiness: By acknowledging and appreciating the good things in our lives, we experience a boost in overall happiness and life satisfaction.

This month, I encourage you to make gratitude a daily habit. Take a few moments each day to reflect on the things you are thankful for. Whether it's a supportive colleague, a successful lesson plan, or the small joys in life, let's make an effort to acknowledge them. EASE is here to support you not only during challenging times but also in your quest for personal growth and well-being. Let's make November a month of gratitude and positivity. Together, we can create a more nurturing and mentally healthy environment within our school and work communities.

Monthly Articles

*Moving with Gratitude:
A Hawaiian Proverb for Self-
Forgiveness and Gratitude*

Ho'oponopono

How to Access EASE Services

Affirmations for Gratitude

*CALM Monthly Workshop:
Designing a Gratitude Map*

*CALM Leadership Series: Arriving
Into Your Meetings*

*Thriving Schools Professional
Learning Series*

*Tips and Discussion Resources
Regarding Israel and Gaza*

EASE CAN HELP DURING DIFFICULT TIMES

CONNECT WITH EASE:

(800) 882-1341

**FREE CONFIDENTIAL PROFESSIONAL
HELP FOR ALL DISTRICT EMPLOYEES:**

**FAMILY TROUBLES. EMOTIONAL
DISTRESS. WORK PROBLEMS. STRESS.
ANXIETY. SUBSTANCE USE. GRIEF AND
LOSS. LIFE TRANSITIONS.**

**PROFESSIONAL COUNSELORS ARE
READY TO HELP.**

**CALL THE EASE HOTLINE FOR 24/7
ASSISTANCE**



2023 is flying by, and we are already in November! As we approach the holiday season, it is essential to reflect on how this time of year ushers in a cornucopia of emotions for students, educators, and faculty leaders. Educators and faculty leaders often face immense stress and pressure in their roles. The weight of responsibilities, deadlines, and constant demand for results can take a toll on their mental and emotional well-being. Likewise, students and education professionals navigate family dynamics and environmental and social stressors that may affect their ability to regulate emotions. In such challenging times, it is essential to find ways to release stress while improving fundamental character strengths such as forgiveness and gratitude.

One powerful practice that can help you harness forgiveness and move into gratitude is the Ho'oponopono mantra. Originating from indigenous Hawaiian cultural practices and rituals, Ho'oponopono is a phrase centered around forgiveness, reconciliation, and healing. It offers a compassionate approach to self-reflection and personal growth.

Brief History of Ho'oponopono Popularity

Mornah N. Simeona, Dr. Ihaleakala "Hew" Len, and Dr. Joe Vitale are three pivotal figures responsible for the revival and popularity of this mantra. Mornah N. Simeona was a Hawaiian healer born in 1906 who became involved in the Hawaiian sovereignty movement and advocated for traditional Hawaiian practices such as ho'oponopono.

In 1982, Dr. Ihaleakala "Hew" Len, a psychologist, met Simeona and trained under her to learn the principles of the Self I-Dentity through the Ho'oponopono process. Dr. Hew Len utilized this training in his therapeutic practice, most notably while working at a psychiatric hospital in Hawaii, where he contributed to the improved overall well-being of the patients and staff through his focus on ho'oponopono practices.

Moving with Gratitude: A Hawaiian proverb for self-forgiveness and Gratitude

BY: CRISTINA E. CLARKE
EASE EAP INTERN

Understanding the Ho'oponopono Mantra

The Ho'oponopono mantra consists of four simple phrases: "I love you, I'm sorry, please forgive me, thank you." The basic principles of the mantra involve acknowledging and taking responsibility for one's actions and their impact on others. The mantra allows one to "clean or clear your own perception of your feelings towards a situation," as told by Dr. Ihaleakala "Hew" Len and Dr. Joe Vitale, authors of *Zero Limits*. There are several steps you can take to apply and use ho'oponopono:

- 1. Identify an issue, conflict, or limiting belief:** Please take the time to reflect on any conflict or limiting belief that is causing unpleasant feelings or situations. This could be an internal struggle or disagreement with someone or ideas about our society.
- 2. Acknowledge and take accountability for your limiting belief or role in the issue:** Once these have been identified, write them down in a journal and spend time acknowledging feelings and taking accountability for the role you have played in creating or maintaining the conflict, issue, and/or belief. How can you acknowledge your faults? How would you apologize for your contribution in conflict, issue, or belief?
- 3. Let go of negative sentiments:** It's time to let go of the negative sentiments you have created or attached to the situation. What positive intentions or reflections can we replace the negative sentiments or thoughts with?
- 4. Repeat the ho'oponopono phrase and visualize the negative sentiments or belief being cleared:** To help clear or clean any negative energy, focus on the issue/conflict/limiting belief as you recite the ho'oponopono mantra. "I love you," "I'm sorry," "Please forgive me," "Thank you." You can also listen to this [YouTube video](#) as you take deep breaths and silently repeat the phrase in your head. (Click the underlined wording for video)
- 5. Replace the limiting belief with a positive affirmation or declaration:** It is important to replace the negative energy with a positive. You can do this by expressing something like "I am enough" or one or all of the affirmations found in this newsletter.

<https://modernmanifestations.com/hooponopono-the-ancient-hawaiian-secret-to-making-go-of-limiting-beliefs-and-problems/>

Ho'oponopono - The Four Mantras:

Ho'oponopono is about taking responsibility for everything that affects your state of being. It's the art of acceptance, forgiveness, and cleansing of the energies that you attract into your life.



I'm Sorry:



When you say "I'm sorry", you are recognizing and accepting responsibility for the actions, thoughts, and emotions that have caused conflict to manifest into your reality.

Please Forgive Me:

The words "please forgive me" are said as a request to make amends with your higher self and the universe alike.

Thank You:

"Thank you" is the opportunity to show gratitude to your higher self as well as the universe for allowing your negative thoughts, actions, and emotions to be cleared.

I Love You:

"I love you" can be emitted out to the universe (God, source energy etc) as a form of gratitude. When you use the words in this way you are saying "I love you for allowing me this earth experience"



Modernmanifestations.com

HOW TO ACCESS EASE SERVICES

The Employee Assistance Service for Education (EASE) is an assessment and brief counseling service for employees of member districts and their families. In addition, EASE provides consultation to managers and supervisors on dealing with emotional issues in the workplace.



**Call our 24/7 access line
1-800-882-1341**



**Receive free voluntary and
confidential counseling
sessions every 6 months**



**Consultation with district
supervisors and managers on
crisis response & workplace issues**

FAQS

Q: Will my school district know I am using EASE services?

A: EASE does NOT disclose any information to your school district. All services are voluntary and confidential.

Q: What kind of counseling is offered?

A: Our providers offer in-person or Telehealth

Q: How many counseling sessions will I receive?

A: The sessions depend on your district but typically 5 or 6 (FREE) sessions.

[CLICK HERE TO BE DIRECTED TO THE EASE WEBSITE](#)

AFFIRMATIONS

**I AM GRATEFUL FOR MANY THINGS IN MY
LIFE THAT BRING ME JOY AND COMFORT**

**I AM WORTHY OF BEAUTIFUL ENDINGS
AND EXCITING BEGINNINGS**

**TODAY, I WILL CONCENTRATE ON TAKING
ONE STEP FORWARD, HOWEVER SMALL**

**I AM GRATEFUL TO BE A PART OF THIS
AMAZING UNIVERSE**

**I CONSTANTLY REMIND MYSELF TO
ENJOY ALL THE GOOD I HAVE IN MY LIFE**

TALK TO US

EASE has counselors if you want to talk.

****CLICK FLYERS TO ENLARGE****