

EAP & PAP Newsletter

August 2025

Tsunami Didn't Show Up...We Hope You Did!



The tsunami warning we just experienced was dramatic. Disasters and even potential disasters can be scary and difficult to manage. Thankfully, this event didn't result in any major impact—but that doesn't speak to any future events. All responses are important, every time. Natural disasters often don't come with advance warning. Tsunamis, hurricanes, flash floods, wildfires—any of these can escalate quickly, and our best chance to stay safe is to take **every** alert seriously. Even when it is annoying to do so. And it is always annoying! Especially traffic jams.

So a BIG, BIG **mahalo** if you:

- Responded by finding a safe place ASAP when you heard the emergency sirens.
- Walked or drove inland, or elevated to higher ground or condo unit because this was a tsunami warning.
- After you got safe contacted a friend or kupuna about the warning.
- Brought your emergency supplies with you just in case.
- Resisted going to the beach for any reason, curiosity or recreation.
- Stayed safe until the warning was over by keeping track of notifications.
- Used this as a chance to practice response procedures.

This warning was global and legit but uneventful. Please don't use it to not be **responsive next time**. Your readiness can make the difference of life or death for you and your loved ones. Want to be more **prepared** next time? Check out our list of tips on how to practice disaster readiness and call your EAP if you need to talk about this last event. Stay safe!



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Intake Specialist & Office Administrator

How to Stay Ready for Disasters

- **Know Your Zones.** Find out if you live, work, or frequently spend time in a tsunami evacuation zone. Use Hawaii's [tsunami maps](#) to check if you're not sure.
- **Make a Plan.** Discuss with your loved ones where to meet, how to contact each other, and what to do if you get separated in a disaster. If you have pets, figure out what you will do to ensure your pets' safety as well.
- **Pack your Go-Bag.** Include essentials like water, food, meds, flashlight, phone charger, cash, ID, and important documents. Check out our [Go-Bag Guide](#) for more information.
- **Practice Evacuation Routes.** Walk or drive your evacuation routes before you need them. Figure out alternative paths too.
- **Stay Informed.** Sign up for local news alerts or emergency alerts through the [county emergency management agencies](#) for updates on disasters.
- **Keep Gas in the Tank.** Try to keep at least 1/2 a tank of gas—don't wait until an alert is issued to make a run to the gas station.
- **Use Drills as Practice.** Treat every warning like a real event. The best time to find flaws in your emergency plan is before the real deal.



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Vacation's Over... Now What?

Summer break has been so nice...days off with family, unplugging at home, spending days at the beach...and now, coming **back to reality** at work is *hard*. Your inbox is full, your to-do list is long, and your brain is having a hard time turning off vacation-mode. What are you supposed to do?

If you're having a hard time adjusting to being back at work, check out our list of suggestions on how to make the transition more manageable. And remember: You don't have to "make up" for time off. **Rest is productive too**—and it helps you come back with purpose and presence.

- **Start small.** Instead of tackling your entire to-do list all at one time, choose 2-3 high-priority tasks to focus on. Once you finish those, reassess if you still have the bandwidth to do more.
- **Give yourself grace.** Feeling behind is normal. Remind yourself that productivity comes back gradually—and burnout doesn't help anyone.
- **Declutter your space.** Clean your workspace to help clear mental clutter too. A fresh environment can spark renewed motivation.
- **Use the first day as a reset.** Catch up on messages, check your calendar, plan the week. Don't overschedule meetings or deep work right away.
- **Make your day feel like vacation again.** Try bringing one restful element from your vacation to your daily routine—like a walk at lunch or screen-free evenings.
- **Ask for help.** If you're feeling overwhelmed, anxious, or struggling to refocus, call your EAP for some free & confidential counseling.



Articles On Our Website

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

MAUI FIRES

Two years after the Maui Fires, some people are still struggling. EAP support and downloadable flyers are available...

[Read More](#)



DEVELOPING RESILIENCY

Imagine the last upsetting event that you experienced. What was your reaction to it?

[Read More](#)



COPING WITH TRAUMATIC EVENTS

After a frightening situation, overwhelming danger or a sudden loss of security, you may experience a stress reaction.

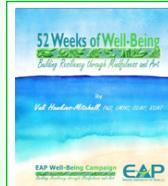
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8 SIMPLE WAYS TO CREATE A MENTALLY HEALTHY WORKPLACE

Many business leaders assume an employee's mental health is none of their business. But...

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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...

[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

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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