

# EAP & PAP Newsletter

July 2025

## Beat the Heat, Stop the Burnout



As temperatures rise during the summer months, you might be experiencing some physical discomfort like fatigue, dehydration, or poor sleep. In fact, studies have shown that crime rates increase during the warmer months. That's because the heat doesn't just affect our bodies—it can also wear on our **mental and emotional health** too, increasing the risk of burnout.

Burnout is more than just feeling tired. It's a state of emotional, mental, and often physical exhaustion brought on by **prolonged or repeated stress**. Some early signs of burnout include low energy (even after rest), difficulty concentrating or making decisions, being irritable or frustrated, and feeling unproductive/ineffective. It can leave you feeling detached, overwhelmed, and even cynical about your work or daily responsibilities.

Summer is supposed to be a season of relaxing at the beach, but it often comes with **increased pressure**—balancing work, vacations, family obligations, and unpredictable routines. Combined with long days and high heat, it's easy to get run down without realizing it. Just like you'd protect yourself from sunburn with sunscreen, it's important to protect your well-being by practicing good self-care. If you're starting to feel the pressure build, don't wait until it becomes overwhelming. Reach out for support, reassess your schedule, and **take time to care for yourself**. Burnout isn't a sign of weakness—it's a signal that something needs to change.



Author: **Chloe Loftis, MS, CEAP**

Intake Specialist & Office Administrator

### How to Stay Cool When You're Feeling the Heat

- **Drink more water.** Dehydration impacts your mood and energy levels. Keep in mind that both alcohol & caffeine dehydrate you, so try to drink water.
- **Slow your pace.** Say no to non-essential commitments to protect your time and energy.
- **Take mini breaks.** A five minute stretch, mindful breathing, or walk can help you keep you refreshed and able to focus.
- **Don't sweat the small stuff.** Let go of perfectionism and value your efforts instead.
- **Talk it out.** Call your EAP for some free and confidential counseling.
- **Keep cool (literally).** Use fans, cooling towels, or take breaks in shaded/AC areas during hot times of the day.
- **Check in on your mental health.** Are you noticing yourself displaying signs of burnout? We have good news: it's treatable—with rest, boundaries and support, you can get back to feeling "normal" in no time.



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

**(808) 597-8222**

Toll-Free (877) 597-8222

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

EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

1600 Kapiolani Blvd, Suite 1610

Honolulu, HI 96814

Counselors are available across Hawaii.

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



PHYSICIAN ASSISTANCE PROGRAM

**(808) 597-8229**

Toll-Free (877) 597-8222

[www.HawaiiPAP.com](http://www.HawaiiPAP.com)

