

# EAP & PAP Newsletter

May 2025

# Your Mind Matters!



May is **Mental Health Awareness Month**, which is a great time to focus on the importance of caring for our mental well-being. When we think of how healthy we are, we often look to our physical fitness. But true health also includes **mental health**, which is the foundation of nearly everything in our lives. Mental health plays a role in how we think, feel, and act, which shows how important it is to nurture it.

Over time, mental health issues have become more openly acknowledged in society. However, **stigma** around mental health can still prevent many people from reaching out for support. Many reach out only when they are in crisis. However, getting support early, having open conversations about mental health, and practicing self-care can truly make a difference in your life.

We encourage you to celebrate this month by making **small daily choices** to nurture yourself and those around you. Whether it's lending a supportive ear or taking time to practice self-care, each little step goes a long way.



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Counselors are available across Hawaii.

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

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## PAP

Physician Assistance Program  
**(808) 597-8229**  
Toll-Free (877) 597-8222  
[www.HawaiiPAP.com](http://www.HawaiiPAP.com)



## Mālama (Care for) Your Mental Health

- Spend some mindful moments in **nature**—like hiking Manoa Falls or a visit to your favorite beach.
- If you're feeling overwhelmed, try **writing in a journal** about your feelings. Sometimes getting it out on paper can make the load feel less intense.
- Need to vent? **Call your EAP** for some free and confidential counseling.
- **Move your body**, it will thank you in more ways than one. Even if it's just a walk around the block, or some stretches at home, you'll be happy you did it.
- Sometimes you need someone to lean on. If you're feeling alone, **reach out** to your ohana or friends for some quality time.
- Try **paying attention** to the way you speak to yourself. If you often think negative things about yourself, imagine how a friend might speak to you, and try to speak to yourself in the same way.

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## The Power of Gratitude—Small Moments, HUGE Impact

Our lives are *busy*. Personal, work and family obligations can make things pretty hectic, which leads to higher levels of stress and burnout. We start focusing all the things that are going wrong—the traffic, the deadlines, the endless to-do lists. But when we take time to stop for a moment and **practice gratitude**, our entire mindset shifts, improving our mental health, stress levels, and relationships.



### Here are some simple ways that you can practice gratitude:

- Pause and watch the sunset or sunrise.
- Thank a coworker or friend for making your day better.
- Reflect on a positive moment that happened at the end of the day.
- Keep a gratitude journal and write down three things you're thankful for every morning.
- Practice mindfulness and appreciate small, everyday blessings.



Practicing gratitude doesn't have to be complicated. When we intentionally notice the **small moments of goodness**, we train our minds to focus on what's **positive**, even when things are challenging. This change in perspective helps us to build resilience in the face of difficulty, strengthen relationships, and nurture a happier life both at home and at work.



This month, let's make **gratitude** a part of how we care for ourselves and each other. Even in busy or stressful times, there is always something (no matter how small) to appreciate.

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.

## Articles On Our Website

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



### MAY IS MENTAL HEALTH AWARENESS MONTH!

We encourage all to find some way to spread the message that May...

[Read More](#)



### WHAT WOMEN NEED TO KNOW ABOUT ALCOHOL

Men have higher rates of alcohol-related hospitalizations and death, but these statistics overshadow alcohol's effects on women...

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### SLEEP

What if scientists discovered a centuries-old remedy that can help you live longer, improve your memory and creativity? They have...

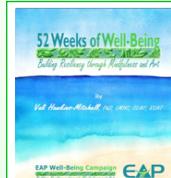
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### COLORING FOR GROWNUPS

The adult coloring books available almost everywhere are proving that picking up your crayons or colored pencils isn't just a...

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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!)

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Or your PAP website at [www.HawaiiPAP.com](http://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.



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