



MCB Hawaii EFMP

The Exceptional 'Ohana

January 2023

New Year's Goal Setting Tips

- ♦ Write goals down, and place them where you will see them regularly.
- ♦ Create Goals for different areas of your life. You can create goals related to finance, relationships, work, health & fitness.
- ♦ Reward yourself for achieving small steps toward your goals.
- ♦ Make goals measurable. Set goals that can be measured again & again over short periods of time. Example— I'll sit at the table for dinner with my children at least four evenings a week.

*"A journey of a thousand miles
begins with a single step"*
~Lao Tzu

Contact Us:

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EFMP at Branch Health Clinic Kaneohe Bay

In an effort to better serve you, EFMP staff will be at the Naval Health Clinic aboard MCBH every Tuesday this month! We'll be set up near the entrance from 0830-1130 to assist you with enrollments and updates, and to provide all of our EFMP family support services.

To meet with us in a more confidential space, you can still visit us M-F, 0730-1630 at our regular office location in building 219.

(Appointments are recommended.)

Family support services include:

- ♦ Non-clinical case management
- ♦ Resources & referrals
- ♦ Transition assistance
- ♦ Special education support
- ♦ Help with TRICARE ECHO enrollment
- ♦ Workshops & training
- ♦ Lending Library
- ♦ ...and more!

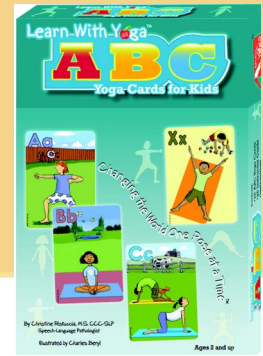


EFMP Exceptional
Family Member
Program

EFMP Lending Library pick-of-the-month

The EFMP Lending Library offers a variety of books, DVD's and other materials that you can borrow!

Visit our Lending Library and pick up a complimentary copy of Learn With Yoga- ABC Yoga Cards for Kids that is yours to keep! Get your copy today!



Benefits of Yoga

If you've done your "downward dog" yoga pose today, you're probably feeling more relaxed. Regardless of your level of yoga expertise, if you're practicing regularly, you can feel better from head to toe.

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

1. Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. **Try it:** *Tree Pose—Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at the right angle. Try to focus on one spot in front of you, while you balance for one minute.*
2. Yoga helps with back pain relief. Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain. **Try it:** *Cat-Cow Pose—Get on all fours, placing your palms underneath your shoulders and your knees underneath your hips. First, inhale, and you let your stomach drop down toward the floor. Then, exhale, as you draw your navel toward your spine, arching your spine like a cat stretching.*
3. Yoga can ease arthritis symptoms. Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to a Johns Hopkins review of 11 recent studies.
4. Yoga benefits heart health. Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga. **Try It:** *Downward dog Pose—Get on all fours, then truck your toes under and bring your sitting bones up, so that you make a triangle shape. Keep a slight bend in your knees, while lengthening your spine and tailbone.*
5. Yoga relaxes you, to help you sleep better. Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep. **Try It:** *Legs-Up-the-Wall Pose—Sit with your left side against a wall, then gently turn right and lift your legs up to rest against the wall, keeping your back on the floor and your sitting bones close to the wall. You can remain in this position for 5-15 minutes.*
7. Yoga helps you manage stress. According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep. **Try It:** *corpse pose (Savasana)- Lie down with your limbs gently stretched out, away from the body, with your palms facing up. Try to clear your mind while breathing deeply. You can hold this pose for 5 to 15 minutes.*

Numerous studies show yoga's benefits in arthritis, osteopenia, balance issues, oncology, women's health, chronic pain and other specialties. Resource: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>

Training & Events

For event registration, call us at 808-257-0290.

You can also email us at mcbh.efmp@usmc.mil or contact your case worker.

Please register at least 1 day prior to the event.

DATE	TIME	TOPIC	LOCATION
JANUARY 11	10:00 AM	INTRODUCTION TO EFMP– Learn about all that EFMP has to offer!	EFMP office (building 219) and Virtual option on WebEx.
JANUARY 20	1:00 PM	BEGINNER YOGA– Learn basic yoga moves and network with us!	BUILDING 219, CLASSROOM 2, (or outdoors, weather permitting)
JANUARY 25	11:30 PM	BUILDING NETWORKS OF SUPPORT– LUNCH AND LEARN– bring your lunch and learn about available supports & resources	EFMP office- (building 219)
JANUARY 27	9:00 AM	EFMP FAMILY FIELD TRIP– Nu`upia Ponds– join us for this easy nature walk to see fish, birds and turtles	Call EFMP to RSVP and get information on where we'll meet up: 808-257-0290
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic Kaneohe Bay

'Ike Loa
Seek knowledge and wisdom

'Ike loa is the value of learning. To know well. To seek knowledge and wisdom.

Seek knowledge, for new knowledge is the food for mind, heart and soul.

'Ike loa is to know well, and knowing others well enhances our relationships and broadens our prospects.