



MCB Hawaii EFMP

The Exceptional Ohana

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4 Steps to Manage Stress and Build Resilience

Stress is unavoidable. It's important to understand stress and how we can manage it. While stress can be beneficial, too much of it can be harmful. Stressors can include health matters, work, money, family issues... a list of things. When stress becomes chronic, the body cannot return to normal functioning. Chronic stress can be linked with health conditions such as heart disease, high blood pressure, diabetes, depression and anxiety.

Some people are more resilient than others. Stress affects them less or more temporarily, and they might even perform better under stress. For those of us who don't bounce back so easily, there's good news. Resilience, to some extent, can be learned and there are some simple, practical things that people can do that may make a noticeable difference.

Stress management and resilience building are important:

1. **Recognize and counter signs of stress.** Knowing how your body communicates can help you deal with stressful moments. Learn to also name these feelings, either to oneself or to a friend. Then, take action to counter their effects... deep breathing, stretching, going for a walk, writing down your thoughts can help induce relaxation and reduce tension.
2. **Take time for yourself.** Make taking care of yourself a daily routine. It's not selfish or self-indulgent — and it might require saying “no” to requests or prioritizing yourself along with your responsibilities. Start with small changes in your routine to help build resilience to stressful circumstances. Work in time to exercise, eat healthy foods, participate in relaxing activities, and sleep. In fact, including a regimen of exercise, which for some may include yoga or meditation, can be very important when feeling stressed. Also, take time to notice the “good minutes” in each day or to do something that you enjoy, such as reading a book or listening to music, which can be a way to shift your attention and focus on the positive rather than the negative.
3. **Stay connected and make new friends.** Stay in touch with family, friends, and groups in your life. Having or being a person to talk with can be reassuring and calming. Look to friends and family, as appropriate, or other trusted individuals or resources for tips and information.
4. **See problems through a different lens.** Experts call changing the way we think about and respond to stress “reframing.” View sitting in traffic as an opportunity to enjoy music, podcasts or pleasant views. Be mindful of what others are going through. Positive thinking on ways to resolve problems can help. Keeping situations in perspective is an important way to boost stress resilience.

Talk to a health professional if stress is affecting your well-being, you feel you cannot manage the stress you're experiencing, or stress has caused you to engage in or increase substance use.

Source: <https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-to-manage-stress-and-build-resilience>

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EFMP Exceptional
Family Member
Program

Simple Self-Care Practices for a Healthy Mind, Body and Soul

PCS moves (and military life, in general) can bring on a lot of stress and anxiety. Here are some things to remember: Self-Care isn't a one-time deal. It's the constant repetition of many tiny habits, which together, soothe you and make sure you're at your optimum—emotionally, physically, and mentally.

The best way to do this is to implement tiny self-care habits every day, to regularly include a little bit of love and attention for your own body, mind, and soul.

The following ideas are tiny self-care activities you can fit into a short amount of time, usually with little cost.

Pick one from each category, and include them in your life this week!

Tiny Self-Care Ideas for the Mind

1. **Go cloud -watching**— Lay on your back, relax, and watch the sky.
2. **Choose happiness**— Do one thing today just because it makes you happy.
3. **Punctuate your day with a mini-meditation**— Focus one minute of awareness on your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.

Tiny Self-Care Ideas for the Body

1. **Get down and boogie**—Put on your favorite upbeat record and shake it!
2. **Stretch out the kinks**— It only takes a few minutes for a full-body stretch.
3. **Have a good laugh**— Read or watch something funny.

Tiny Self-Care Ideas for the Soul

1. **Write out your thoughts**—Journal about dreams, goals, and positive things in your life.
2. **Do a "beauty scavenger hunt"**— Find five unexpectedly beautiful things on your way to work, on a walk, or in your home.

Incorporating a few of these tiny self-care ideas in your day will help you to be more positive, and deal with stress & anxiety better.

For a list of more self-Care activities check out the original article at: <https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

The Basics of Meditation

Meditation is a great cost-effective way to combat stress! Studies show that long-term meditators display an increased size in brain regions associated with emotional regulation. If you are needing a little more information to get started on a daily meditation routine, consider some of these tips!

Breath

Don't try to "calm your mind" Instead appreciate the sensations of your breath. When your mind starts wandering away into thoughts, just recognize that you are thinking & return to appreciating the sensations of your breath.



Arms/Hands & Legs/Feet

Relax your shoulders and arms letting your hands rest on your thighs. If you are sitting in a chair, keep your feet flat on the floor and your spine straight. If you are sitting cross-legged on a cushion, the important thing is to have your knees below your hips.

Eyes

Decide what you're going to do with your eyes. If you want the experience to be more body-based, close them. If you want to feel more anchored in the space you're in, keep them open.

Time

Meditation isn't about length; it's about frequency. Five or ten minutes a day is a great start to build on.

Information adapted from *How to Start Meditating* infographic from The Business Insider



Training & Events

For event registration, call us at 808-496-0290.

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 |
|---------------|----------------|---|---|
| August 4 | 11:00 AM | Respite Care Overview—Come learn more about EFMP Respite Reimbursement Program, who qualifies and how to access it. | Virtual on Teams |
| August 12 | 1:00 PM | Establishing Permanent Dependency— We will be discussing Able Accounts and Special needs trust with Josh Hankel. | Virtual on Teams |
| August 21 | 10:00 AM | Early Intervention— We will be Focusing on Transitions. From Early Intervention to Special Education with the DOE. Guest Speakers—Easter Seals , NPSP & SPROUTS. | BUILDING 219, Library Classroom 106 (next to the EFMP office) |
| EVERY TUESDAY | 8:30- 11:30 AM | EFMP Family support services available at a second location | Branch Health Clinic here on MCB Hawaii |

Kūlīa i ka Nu'u

Pursue personal excellence

Kūlīa i ka nu'ū - This is the value of accomplishment and achievement. The literal translation for Kūlīa i ka nu'ū is "Strive to reach the summit." Those who have this value continually pursue improvement and personal excellence. For them, the most satisfying competition is with themselves: They consider their life and everything within it to be a work in progress, and they enjoy the effort.