

MCB Hawaii EFMP The Exceptional 'Ohana January 2025

Self-Care Isn't a One-Time Deal

Self-care isn't something you do once and tick off the list. It's the constant repetition of many tiny habits, which together soothe you to make sure you're at your optimum—emotionally, physically, and mentally. This month we will focus on tiny self-care ideas you could do throughout the month for your soul.

Tiny Self-Care Ideas for the Soul

1. **Imagine you're your best friend.** If you were, what would you tell yourself right now? Look in the mirror and say it.
2. **Help someone.** Carry a bag, open a door, or pick up an extra carton of milk for a neighbor.
3. **Check in with your emotions.** Sit quietly and just name, without judgment, what you're feeling.
4. **Write out your thoughts.** Write for fifteen minutes on anything bothering you. Then let it go as you burn or tear the paper.
5. **Choose who you spend your time with today.** Hang out with "Radiators" who emit enthusiasm and positivity, and not "Drains" whose pessimism and negativity robs your energy.
6. **Have a self-date.** Spend an hour alone doing something that nourishes you (reading, your hobby, visiting a museum or gallery, etc.)
7. **Take a home spa.** Have a long bath or shower, sit around in your bathrobe, and read magazines.
8. **Ask for help—big or small, but reach out.**

Little and Often Wins the Day

You'll feel more connected to yourself and the world around you. You'll delight in small pleasures, and nothing will seem quite as difficult as it did before.

New Year's Goal Setting Tips

- ◆ Write down goals, 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



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EFMP Exceptional
Family Member
Program

Make the New Parent Support Program

Part of Your Network of Support

The New Parent Support Program (NPSP) is available to all Marine Families who are either expecting a child or have a child or children 5 years old or younger. NPSP promotes personal and family readiness by providing parenting support and education to encourage healthy parenting from the start. Dedicated civilian staff members include licensed registered nurses, social workers, and therapists skilled in supporting military families in their new or expanded roles as parents. Services focus on understanding child development, promoting nurturing and attachment, increasing positive parenting skills, promoting social connections, and ensuring that families know where they can go for assistance. NPSP services offer a great opportunity to connect with other families also raising young kids. Classes and groups offered include a one-day Baby Boot Camp for expectant parents, breastfeeding support groups, play mornings, and various parenting classes. Families might find NPSP resources especially helpful when they move to a new installation and their family and support networks are far away. Services are primarily provided individually to each family, in the home, office, or community. Families are able to connect with their assigned home visitor to address the topics that are important to them. Visits typically occur twice per month and may focus on topics such as newborn care, safe sleep practices, breastfeeding support, health and safety concerns, structure and routines, co-parenting issues, and promoting self-care. The program also promotes father engagement and ways to include Service members in parenting routines, even during periods of deployment or other absences.

Contact your MCB Hawaii NPSP at 808.496.1187/8803 for more information.

E malama i na keiki

Take care of the children

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
JANUARY 13	12:00 PM	BUILDING NETWORKS OF SUPPORT– LUNCH AND LEARN– bring your lunch and learn about available supports & resources	EFMP office (building 219) , Classroom 2 next to the EFMP office Please RSVP by Jan 10th
JANUARY 15	10:00 AM	Recreation Inclusion— Sensory-Friendly Storytime with Base Library.	BUILDING 219, CLASSROOM 2,
JANUARY 30	11:30 AM	INTRODUCTION TO EFMP– Learn about all that EFMP has to offer!	Virtually on Teams Please RSVP By Jan 29
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.

knowing others well enhances our relationships and broadens our prospects.