

# MCB Hawaii EFMP

## The Exceptional 'Ohana

January 2026

### Goal-Setting

Goal-setting is all about planning and identifying what you want to achieve, taking steps toward a desired outcome. A well-defined goal not only inspires us into action but also gives us a clear direction to move. When we set goals, our wishes and aspirations take real shape. One helpful method to help guide your goal setting this year is WOOP.

WOOP, an acronym that stands for Wish, Outcome, Obstacle, Plan. It utilizes a unique mental contrasting technique. It helps you to contrast a wish with an inner obstacle, and then develop an -"if this, then-that" plan. In other words, imagine what you truly want, consider what might get in the way, and create a practical plan, if this happens, then I will...

- ◆ **W**- Wish-wish something you want to accomplish for real, one that is exciting, challenging & realistic.
- ◆ **O**- Outcome—imagine the best outcome of your goal and recognize how it would make you feel.
- ◆ **O**- Obstacle—imagine the personal obstacles that prevent you from accomplishing your goal.
- ◆ **P**- Plan- Make an if/then plan to name an action you could do if an obstacle appears.



"Believe you can,  
and you're halfway there."  
~Theodore Roosevelt

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**EFMP** Exceptional  
Family Member  
Program

# Building Networks of Support

The power of a strong network enables Military families to thrive. Building networks of support means creating trusting, reliable connections. Here are some tips on building YOUR network:

- ◆ Cast a wide net, draw support from many facets; think broadly
- ◆ Find “your person” and be someone else’s person: Neighbors offer a way to connect with your community and are invaluable resources and friends. Your family has much to offer others and can help others succeed in meaningful ways.
- ◆ Network in a way that makes sense for you: Everyone’s needs, situation, and personal style are different, and there is no “right” formula for building a personal network.
- ◆ Find online communities: Regardless of your area of interest, there is likely to be a group, community or forum to offer you support.

Having a strong community support network is critical to your personal and professional well-being. Everyone needs help, guidance, or an extra pair of hands – one cannot always do it alone!

<https://www.uab.edu>

## 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 a 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 808-496-0290.

You can also email us at [mcbh.efmp@usmc.mil](mailto:mcbh.efmp@usmc.mil) or contact your case worker.

*Please register at least 1 day prior to the event.*

DATE	TIME	TOPIC	LOCATION
JANUARY 15	10:00 AM	Accessing Community Resources	Virtual on Teams Call or email to register
JANUARY 21	10:00 AM	Sensory-Friendly Storytime	Classroom 106, Next to the EFMP Office. <i>No Registration Required</i>
EVERY TUESDAY	8:30 - 11:30 AM	EFMP Family support services available at a second location	MCBH Branch Health Clinic



'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.