



MCB Hawaii EFMP The Exceptional `Ohana November 2025

*Happy 250th Birthday,
Marines!*

November 10th 1775~ 2025

"Giving thanks & taking
time to reflect on
gratitude, is good for the
soul."

- Anonymous

Happy
Thanksgiving!

Contact Us:

Main: 808-496-0290

Fax: 808-496-1650

Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii

EFMP Movie Night x at Kulia

A Sensory-Friendly Move Night at Kulia
(bldg. 6753) for EFMP Families!!

Movie: Moana 2

When: November 19th

Time: 18:15 start time

Where: Kulia Gym

Cost: Free



The Movie is 1 hour and
40 minutes long.

Small bags of fresh popcorn available
-While supplies last

Please NO outside food—Water bottles only

RSVP to the EFMP Main Office at
(808) 496-0290

or

Contact your Family Case Worker
or

EFMP Exceptional
Family Member
Program

Science Agrees: Nature is Good for you!

HIT THE RESET BUTTON ON STRESS

Physical activity in the form of a 40 minute walk in the forest was associated with improved mood and feelings of health and robustness.

Levels of the stress hormone cortisol decreased in test subjects after a walk in the forest, when compared with a control group of subjects who engaged in walks within a laboratory setting.

Forest bathing seems to significantly mitigate the root cause of a multitude of ailments and stress. Excess stress can play a role in headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, and arthritis, among many other ailments. Since we're in Hawaii, consider a nature hike!

BOOST IMMUNE FUNCTIONING

Stress hormones can compromise immune defense; in particular, the activities of frontline defenders, such as antiviral natural killer cells, are suppressed by stress hormones. Since forest bathing can lower stress hormone production and elevate mood states, it's not surprising that it also influences markers of immune system strength.

FAP Prevention & Education has a Stress Management Class
Thursdays 9-10:30am -
call (808) 496-7780 for more information

<https://www.natureandforesttherapy.org/about/science>

Successful Tips for Dealing with Anxiety and Depression

1. Develop a healthy cycle of sleep preparation, complete with good sleep hygiene and a consistent routine.
2. Try cognitive therapy and mindfulness-based treatments to help you stay in the moment and reject patterns of unhealthy thoughts.
3. Speak to your care providers about anti-anxiety and anti-depressant medications that may help you balance your mental health.
4. Practice new habits like expressive writing before bedtime to express your thoughts and concerns without giving in to a troublesome mental cycle.
5. Work with medical professionals to develop healthier responses to stimuli and learn what stressors you can cut out of your life.



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
November 12	1:00PM	Respite Care— Come join EFMP and learn more about who is eligible, and what the requirements are.	Virtual on Teams RSVP by calling our office no later than the day before.
November 13	10:30AM	Managing Deployments—join in on discussing steps to prepare for deployment - child care options, creating a routine, and adjusting to emotions. Come share your ideas, and experience to help others.	Virtual on Teams Please RSVP one day before 808 496-0290
November 19	6:15PM	Movie Night— Sensory-Friendly EFMP will be hosting a Movie Night for our EFMP Families. The Movie will be Moana 2. We will be giving out small bags of popcorn— While supplies last.	Kulia Building 6753 Please RSVP at (808) 496-0290 You may bring your own water. Only water will be allowed in the gym. No outside food allowed.
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic here on MCB Hawaii

Ha'aha'a
Be humble, be modest

HA'AHA'A is the Hawaiian value of being humble, modest and open to others' thoughts.

When we live the value of ha'aha'a, we learn to come from a place of love, understanding that things may not always work out or be perfect. And that's OK. The attitude of ha'aha'a is being unpretentious and modest.

Those who live ha'aha'a sincerely rejoice in the goodness and success of others and themselves.