



MCB Hawaii EFMP

# The Exceptional 'Ohana

May 2026

## Self-Care Ideas for Moms

Being a mom is hard work! Mothers are always taking care of everyone in the family. When you take care of yourself, you are better equipped to take care of others. Here are a few ideas on how to incorporate self-care for moms:

**Get outside.** Taking time for a walk or a run, whether it's a five-minute stroll around the block or an hour-long escape, getting outside can be a gamechanger for your mental health.

**Meditate.** Mindful meditation is a tried-and-true way to recharge. And it has health benefits too! Research suggests that a meditation practice may help reduce anxiety, depression, insomnia, stress, and fatigue. You can find free clips on YouTube, or try meditation apps such as Headspace, Calm or the Mindfulness App.

**Pamper yourself.** Whether it's a sheet mask or comforting TV show and cup of tea, squeezing in a few extra minutes to pamper yourself can help you relax and de-stress.

**Call your best friend.** Have 30 minutes during your baby's naptime? Schedule a phone date with your best friend.

**Journal.** A gratitude journal can be the most helpful self-care strategy. Even taking 30 seconds to jot down how you're feeling on your phone's notepad can help.

**Tell your loved ones when you need help or space.** If your partner or a close friend can step in to give you a break, let them! Be vocal about your needs with your partner. Don't assume they know what you need. Taking time for yourself is beneficial to everyone.

Source: <https://www.whattoexpect.com/first-year/you-and-your-health/self-care-ideas-moms>

Contact Us:

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## Respite Care Overview

EFMP initiated the Respite Care Reimbursement Program in 2008 to support the impact of a high operational tempo and the impact to families who support a family member with exceptional needs.

The Respite Care Reimbursement program is intended to reduce stress on sponsor families by providing temporary rest periods for primary caregivers of individuals with special needs.

The program provides reimbursement for care expenses so that caregivers can take time for themselves and go on date night, have lunch with a friend, get a haircut, take a nap, go to the gym, etc.

Level of Need 4 (LoN4) 32 hours/month at \$45.00/hour

Level of Need 3 (LoN3)  
20 hours/month at \$18.00/hour

To find out more information about EFMP's Respite Care Reimbursement Program

Contact us at 808-496-0290.

**EFMP** Exceptional  
Family Member  
Program

# 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.



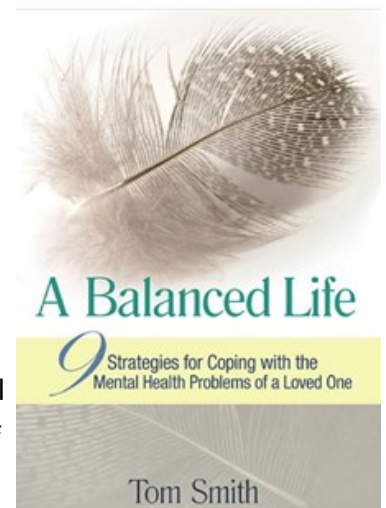
Information adapted from [How to Start Meditating infographic from The Business Insider](#)

*EFMP Lending Library*

## A Balanced Life:

### 9 Strategies for Coping with the Mental Health Problems of a Loved One

Having the goal of a balanced life is something that those who have a mental health condition, and the people who love them strive for. This book offers 9 clear cut, effective strategies for building that supportive relationship with someone who has a mental illness—while also taking care of yourself. Though practical advice with the message of hope and love.



# 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
May 20	10:00 AM	Sensory-Friendly Storytime in Partnership with the Base Library—this Storytime incorporates songs and movement for the active child	BUILDING 219, CLASSROOM 106  No Registration Required
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	MCBH Branch Health Clinic

'Imí Ola  
seek your best life

When we practice *'Imi ola* as a personal value, we create and fulfill our own destiny. *'Imi ola* is to seek the highest form of our well-being. This is not selfish, but **expressive**: To *'Imi ola* is to define and celebrate your gifts as you breathe best working form into your actions, growing into the person you're meant to be — the person you can most generously share with others through your Aloha Spirit.