

EAP & PAP Newsletter

March 2026

March Forth!



“When the going gets tough, the tough get going.” (A motto adapted by USA football coaches in the 1950’s)

I agree. Standing up again after a rough patch sometimes feels counter-intuitive. For example, the nasty cold I just got over. Bed seemed a better option than finishing up the laundry or making dinner. But I have learned how to stand up and “march forth.” Not as a victim...ever! Not as a martyr....ever! And not just as a survivor....ever! But as a *thriver*. My share of traumas and dramas have tested my resilience to the max. And resilience isn’t about being special or more strong or magical than anyone else. It means persistence and a deep belief that things get better after the storm has passed. Not with some frivolous toxic happiness, but with trusting how the universe works--always balancing the polarities of negative and positive. Eventually. It is this belief that eventuality allows one to choose to continue going forth.

If you watched the Olympics in February, some of those athletes, no matter their challenges, went forth beyond belief. One microsecond, one missed shot, one bump or missed footing separated those who finished faster or better than any of the rest of us could and those returning home with a gold medal.

Some of us have experienced the cold of winter clinging to March as it either came in like a lion (cold) or a lamb (warm). The 17th-century English proverb, referring to the transition from harsh winter storms to calm, spring weather, doesn’t really apply as well here. In Hawaii we only have to worry about a few annoyances like hurricanes, tsunamis, volcanoes, traffic, rain, wind, and if there is a shortage of coco-puffs.

By the way, March 4th is the only day of the year that is a command. Unless you consider Pi/pie day (3.14) a command to have pie. (*Pi Day is an annual celebration of the mathematical constant of pi (π) observed on March 14th, first celebrated in the USA in 1988 by Larry Sawh, an employee of a science museum in San Francisco. Celebration can involve eating pie or holding pi recitation contests.*)

So, in the spirit of the upcoming launch of the new *52 Weeks of Affirmations* now available on our website, here are some thoughts on Marching Forth in your life.

- When you march to the beat of your own drum, it does not matter if anybody follows in your footsteps. *Henry David Thoreau*
- Failure is a bend in the road, not the end of the road. Learn from failure and keep moving forward. *Roy T. Bennett*
- March on. Do not tarry. To go forward is to move toward perfection. March on, and fear not the thorns, or the sharp stones on life's path. *Khalil Gibran*
- It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. *Charles Dickens*
- Don't ever become a pessimist... a pessimist is correct oftener than an optimist, but an optimist has more fun, and neither can stop the march of events. *Rober A. Heinlein*

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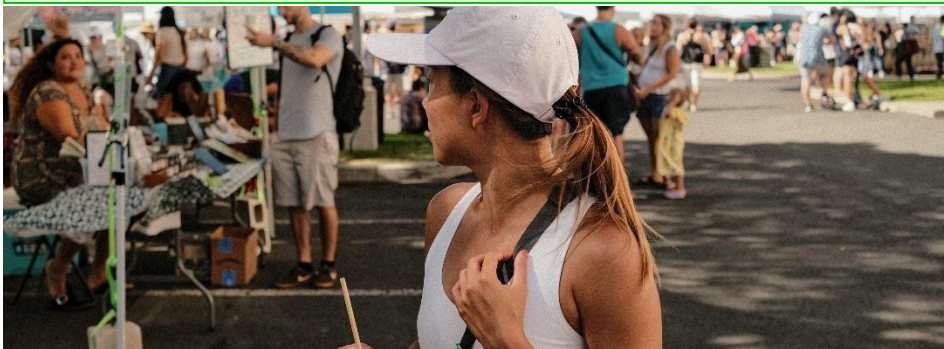
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Eating for Happiness: Nutrition Tips for Busy People

March is **National Nutrition Month**, which is a great time to focus on how the food we eat impacts so much in our lives. Most people understand the physical implications like weight gain, stomachaches, fatigue (aka kanak attack). But there are more serious health risks to consider; diseases like diabetes. But what is less obvious is the impact a poor diet can have on mental health. When we put food into our bodies that isn't good for us, self-esteem issues, difficulty with motivation and concentration, anxiety, and depression can be activated. We know that we're supposed to eat healthy, but it can be very challenging at times. Groceries are more expensive than ever, and the convenience of fast food is enticing when you have a full schedule. So, how can you eat healthy, efficient, and affordable?

Here are some tips to help get you started:

1. **Repeat what you eat.** Cook something in a large batch, then divide it into several meals for the week. Take away the excuse of not having anything ready to eat.
2. **Buy local.** Whenever you can, buy local and seasonal produce. Check your local farmers market to find great deals!
3. **Use simple meal combinations.** Purchase versatile staples like rice, oats, eggs, frozen veggies, and proteins that keep well and can be used for different meals. Then, put them together for delicious and nutritious meals.
4. **Plan ahead and pack it up.** Figure out what meals you'd like to have for lunches, then get groceries only for those meals. Don't forget to pack those lunches for work!
5. **Create a Food Community.** Talk to family, friends, and co-workers about their ideas, and exchange recipes.



Articles On Our Website

Did you know about all the resources available to you from your EAP's website?

Here are a few examples:



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DEVELOPING A SPENDING PLAN

The following suggestions are helpful in establishing a successful spending plan...

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EAP and PAP provide short-term confidential counseling and work/life services, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.



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