

EAP & PAP Newsletter

August 2026

Your End-Of-Summer Quiz



Is August the end of your summer? Do you have kids in school? Do you see September on the horizon and wonder what happened to June and July? Here are a few questions to consider as you roll into August. If you remember school days (daze) or have a child in school, you might appreciate they will have quizzes to deal with. I thought you might need one also, so you can relate if/when they complain. The answer key is at the end.

Part One: Multiple Choice

Score yourself as you go. Answer honestly, add up your points, get your "result" at the end. (No pencils, no cheating off your coworker.)

- 1 Did I take an actual lunch break this week??**
Yes, away from my desk (+2) / Ate at my desk (+1) / What's a lunch break (+0)?
- 2 My summer sleep schedule was:**
Actually consistent (+2) / A rough guideline (+1) / A cry for help (+0)
- 3 When's the last time I unplugged from work email for a full day off?**
This week (+2) / This month (+1) / Is that legal? (+0)
- 4 My calendar right now is:**
Under control (+2) / Held together with duct tape (+1) / Buried in my bottom desk drawer under stuff (+0)
- 5 My coffee count today:**
Fuel, in moderation (+2) / Fuel, aggressively (+1) / IV drip (+0)
- 6 Looking forward to Fall?**
Yes, I love all the seasons (+2) / Our weather doesn't change much, so it's fine (+1) / It's only 5 months until the holidays!!! (+0)

Scoring:

- 10–12 pts: Well done YOU.
- 5–9 pts: Surviving with style.
- 0–4 pts: You showed up — and that counts. No report cards here.

(Part Two is on Page Two)



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Part Two: Short Answer/Essay Questions

1. What's one thing you learned this summer that surprised you?
2. What are you reading/learning right now?
3. What's a skill you picked up outside of work?
4. Who taught you something you still use today? What is it?
5. If you went back to school for a day, what would you study?
6. What is your plan to manage increased traffic when school starts?
7. What did you put off this summer that you're finally ready to tackle?
8. What's one habit from summer you want to keep into fall?
9. Does your workspace need a fresh start as much as your calendar does?
10. Are your emergency supplies as ready as your kids' school supplies?
11. What's one sign your body gives you when you're running on empty?
12. Have you opened the EAP website and accessed My Stress Tools?
13. Did you know you can call your EAP if you need support?

Essay answer key:

There is no perfect answer — you already got the A+ if you read the questions and pondered them for a few moments in your busy life.

Author: **Vali Hawkins Mitchell**, PhD, LMHC, CEAP, General Partner



Articles On Our Website

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

Here are a few examples:



Cannabis and CBD and Your Job: What you need to know

Cannabis and Your Job
Attitudes about cannabis (marijuana, pakalolo) have certainly changed in the las...

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The Impact of a Co-Worker's Death

Coworkers are very much like an extended family. You spend most of your waking hours with them, forgi...

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Suicide Prevention

When we find out that a friend, loved one, or co-worker may be thinking of suicide, often our fear of...

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What is Depression?

Depression is a common but serious medical condition that affects how a person thinks, feels, and...

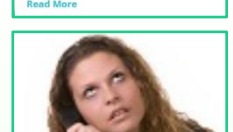
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Election Year Politics: Protocol for Office Talk

Most of us are familiar with the old adage cautioning against discussing politics in polite company, ...

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Dealing with Angry Customers

If dealing with irate customers makes you want to drive home, jump back into bed, and hide under the ...

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Please note that work/life services (legal, financial, eldercare, ID theft, mediation) are available to most, but not all, EAP customers. Call us if you have a question.

EAP and PAP provide free 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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