

EAP & PAP Newsletter

July 2026

Your EAP Prescription for July

From Dr. Vali Hawkins Mitchell



Employee Assistance of the Pacific

Rx

1. Stop what you are doing and take one deep breath.
2. Relax your shoulders.
3. Take another deep breath.
4. Repeat 1-3 as needed.

Dr. Vali



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Counselors are available across Hawaii.

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Here are 25 quick tips to relax this summer:

It doesn't have to be complicated to catch a bit of summer. Find five minutes of YOU time between what you have to do for everyone else in your life. If you have one minute, take those few deep breaths and relax your shoulders. If you have a bit more time, try one of these tips. And make sure you check the EAP website for MY STRESS TOOLS to find your own way to de-stress this summer.

1. Float in a pool with your eyes closed.
2. Sip iced herbal tea slowly.
3. Read a novel.
4. Watch the sunset.
5. Take a barefoot walk on grass or beach.
6. Do 5 minutes of deep breathing.
7. Nap in a cool, dark room.
8. Listen to ocean waves.
9. Eat a cold watermelon slice outside.
10. Turn off your phone for an hour.
11. Sketch or doodle with no goal.
12. Sit quietly for several minutes doing nothing.
13. Do a slow, gentle stretch.
14. Watch clouds and find shapes.
15. Light a coconut candle.
16. Take a cool shower mid-afternoon.
17. Journal one page.
18. Go for an early morning walk.
19. Make homemade lemonade.
20. Do nothing.
21. Do a puzzle or play a board game.
22. Have a picnic.
23. Listen to a favorite playlist on shuffle.
24. Try a 10-minute guided meditation.
25. Sit outside with your morning coffee, no phone.

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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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Start early in teaching your child what honesty is, what lying is, and why telling the truth is...

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MEASURING ASSERTIVENESS

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WHAT IS A DEPRESSIVE DISORDER?

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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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