

October 2026

When the Storms Keep Coming (Or Pass Us By)

El Niño and the storms have asked a lot of us here in Hawaii. We've stocked up, become exhausted waiting, checked the news apps, been crushed, recovered, cleaned up, been threatened again, and then a week later... some of us had to do it all over again. One island is missed, another slammed. And according to some experts, we're not done yet.

If you're feeling worn down, that makes sense. Preparing or even paying attention to a crisis over and over, even when the worst doesn't happen, is truly exhausting. And when the worst does happen, it's... well, it's worse.

Storm Fatigue is Legit

You might notice:

- Trouble sleeping, or sleeping more than usual
- A jolt of dread every time your phone buzzes with an alert
- Shorter patience with family or coworkers
- Feeling numb, or like you "should" be handling this better
- Physical signs such as headaches, tight shoulders, or a stomach that won't settle
- Feeling re-triggered from past traumas



What Helps

- **Check the forecast, but not constantly.** Pick one or two trusted sources, such as the Central Pacific Hurricane Center or Tropical Tidbits. Checking every 20 minutes won't move the storm.
- **Let preparation be easy.** Getting your food, water, meds, documents, and plan in order is the smart thing to do. Then let it go. You are as ready as you can be.
- **Keep routines.** Regular meals, a morning walk, a set bedtime, football games, life of aloha – whatever lets your nervous system settle.
- **Talk story.** Connection is one of the strongest tools against stress. Here in Hawaii, it's already part of how we live.
- **Rest after and between storms.** Your body has been on alert. Give it time to come down.
- **Look out for others.** Keep an eye on your coworkers if they need support.
- **If you can't relax** – that's a sign to check in with your EAP.

Helping Keiki Cope

Kids get stressed too. Give them a job in your storm prep, like packing the flashlight bag or checking the pet supplies. Keep routines as normal as possible. If a child stays anxious, clingy, or has trouble sleeping long after a storm passes, that's worth a call to your EAP.

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Counselors are available across Hawaii.

Legal/Financial/Eldercare/ID Theft/Mediation consultation is also available.



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EAP & PAP Newsletter

The Stress Nobody Talks About

Hurricanes also bring missed shifts, repair bills, insurance claims, and hours on hold. Money and paperwork stress can outlast the storm itself. **Your EAP includes free consultations with financial and legal professionals who can help you sort through claims, budgeting, and next steps.**

When to Reach Out

Consider talking with a counselor if stress lasts more than a couple of weeks, if it's affecting your sleep, work, or relationships, or if you're leaning more on alcohol or other substances to get through it.

You don't need to be in crisis to call. Your EAP is here, 24/7/365. Even when we are hunkering down too, we have live counselors available on the phone. Services are confidential—nothing gets back to your employer about who called or what they talked about. There is no cost to you. And EAP services are available to you and the household members who live with you.

Help is confidential, and it's already available to you:

- Your EAP: (808) 597-8222 — free, confidential, and for anything from a hard week to a genuine crisis.
- Your PAP: (808) 597-8229 – for our covered physicians and healthcare workers.
- 988 — Suicide & Crisis Lifeline, call or text, 24/7.
- Hawaii CARES: (808) 832-3100 on Oahu, 1-800-753-6879 on the Neighbor Islands.
- Crisis Text Line: Text ALOHA to 741741.
- Community connectedness and ohana are always important resources.

You don't need to have the right words.

You just need to make the call.

And let someone else help you find the rest.

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Author of **52 Weeks of Well-Being** and **52 Weeks of Affirmations**, both available by subscribing on our website or in paperback on Amazon.com.



Articles on Our Website

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

Here are a few examples:



CREATING A GO-BAG

Seasoned disaster planners get their own houses in order before helping others plan for emergencies.

[Read More](#)



50 IDEAS FOR SELF-CARE

Here are 50 easy ideas for practicing good self-care...

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www.EAPacific.com

Or your PAP website at www.HawaiiPAP.com

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, at no charge thanks to your employer.

These services can assist in identifying and resolving issues that may be interfering with your job or personal life.

Our counselors and work/life services are available across the Islands. Contact our Honolulu office by phone or email.



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