2022 Self-Care Challenge
May 2 - May 27, 2022

Participant RESULTS

370 Total Registrants
87.6% of respondents were very satisfied or extremely satisfied with their challenge experience.

Total completed activities: 1,927
- Week 1: 560
- Week 2: 462
- Week 3: 490
- Week 4: 415

TOP 5 participating departments
1. Health
2. City and County of Honolulu
3. Education
4. Human Services
5. County of Kauai (tie)
6. Transportation (tie)

Challenge Winners
1. Sonya Toma - Attorney General
2. Terry Chan - CCHonolulu
3. Duquesa Padamada - County of Kauai
4. Brian Minatoya - CCHonolulu
5. Timothy Flynn - Attorney General
6. Jo-Lynn Chong - Health
7. Metta C - Transportation
8. Christine Yamasaki - Transportation

What participants are saying...

"Participating in the Self-Care Challenge has reminded me to pay attention to my mental health and not just my physical health and diet. I'm more mindful now about how I spend my off-work hours and really enjoyed watching the videos in each week’s email."

~ Christine Yamasaki

"I'm very grateful to EUTF and HMSA for creating these weekly challenges. I had already been doing many of the activities in the challenges, but I needed that extra nudge to continue doing them consistently. I found Week 3 (Healthy Diet – Healthy Mind) particularly impactful because I don’t always pay attention to the foods I put in my body. It was also a good reminder of how the food we eat affects us not only physically, but mentally and emotionally as well. Now I try to be more mindful of what I eat and where my food comes from."

~ Metta C

I found the Challenge very informative, engaging, and allowed me to strengthen myself. I welcomed the challenge of gratitude and started a new habit of journaling my positive affirmations. This placed my mind in a positive foundation every day. Thank you HMSA & EUTF.

~ Brian Minatoya

"Despite my busy schedules, I appreciate that we need to be able to learn and sustain our bodies with a healthy diet that benefits our healthy minds. Looking forward to learning more."

~ Duquesa Padamada