

2024 EUTF SELF-CARE CHALLENGE RESULTS

May 13 - June 7, 2024



269 Registrants
16 teams (102 team members)
Over 222,220 activity minutes logged

Top activities logged by minutes

1. Walking - 85,075
2. Strength train/sports activity - 45,607
3. Read a book/journaling - 43,445
4. Stretching - 10,121
5. Volunteer in the community - 7,975

Top 5 participants

1. Marjorie Szegda
2. Jennifer Muraoka
3. Mitzi Okumura
4. Jennifer Lee
5. Beth Wong

Top departments by activity minutes

1. Human Services
2. City & County of Honolulu
3. Education
4. Health
5. Board of Water

Top 5 teams

1. SLD DTP
2. HFD - ASB
3. BWS HR Team
4. Team EOA
5. State of Hawaii DLIR

Congratulations to all the participants!

Prize Drawing Winners

- | | |
|--|--|
| 1. Alicyn - Labor & Industrial Relations | 14. Kimberly - Education |
| 2. Ashley - Education | 15. Michelle - City & County of Honolulu |
| 3. Brianna - City & County of Honolulu | 16. Niki - Health |
| 4. Cindy - Taxation | 17. Ochana - County of Hawaii |
| 5. Dayna - Health | 18. Randall - Agriculture |
| 6. Drew - Health | 19. Reid - City & County of Honolulu |
| 7. Jason - Education | 20. Sandra - City & County of Honolulu |
| 8. Jennifer - Education | 21. Sara Ann - City & County of Honolulu |
| 9. Jennifer - Human Services | 22. Teriann - Board of Water |
| 10. Jessica - Education | 23. Terri - Health |
| 11. Jessica - Human Services | 24. Tracie - Board of Water |
| 12. Jill - Human Services | 25. Ying - Board of Water |
| 13. Kayla - Labor & Industrial Relations | |



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What participants are saying about the Challenge:

Self-care to me is taking time to exercise, walk to clear my mind and read a book before going to sleep. Taking time to breathe and taking time for myself has allowed me to be myself – calmer, optimistic, and appreciative.

~ Jennifer

Even taking just 10 minutes everyday to self-care has help me greatly both physically and mentally. EVERYONE should take sometime to dedicate to self-care because everyone needs sometime to reflect and decompress. Thank you for hosting such a great challenge to keep people motivated to take care of themselves.

~ Niki

Doing this challenge was about making myself more conscious of taking time to decompress. Working in finance can tax my mind and become extremely stressful. I typically only take care of myself on the weekend, time permitting. I will read, do meditation, or play games on my phone (which wasn't one of the choices..lol). Hot bubble baths, Bridgerton, & salon time are also self-indulgences... but I had to focus on taking time each day, at least half an hour, to read or meditate and BREATHE! As you can see, the challenge is creating the time. Mahalo for this opportunity and lesson in self-awareness.

~ Ochana

I have enjoyed participating in these challenges for the HMSA Well Being / State of Hawaii family. I really enjoy these activities.

~ Alicyn

Thank you for this fun and positive activity, which was much needed at my workplace!

~ Cindy

I had a great experience focusing on and practicing self-care! This challenge really helped me prioritize self-care activities for both my physical and mental health!

~ Jason

Participating in the 2024 EUTF Self-Care Challenge has benefitted my physical, mental, and emotional health. It was the motivation I needed, and I hope to participate again next year.

~ Michelle

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