

# HAWAII WELLNESS GUIDE



It's always the perfect time to focus on self-care, managing stress, and promoting healthy routines! Research has shown that practicing self-care can help manage stress and boost happiness. This guide highlights various aspects of wellness and provides actionable tips to help you achieve Better Health and Better Life.

## 1 SELF CARE

Self-care is essential for maintaining a healthy work-life balance and overall happiness. It involves taking time to nurture yourself, both physically and mentally. Incorporating self-care practices into your daily routine can significantly impact your mental and physical health. Practicing mindfulness or meditation for a few minutes each day can help reduce stress and increase focus. Engaging in regular physical activity, even just a short walk during your lunch break, can boost your mood and energy levels.



*Perfect for unwinding after a long day or as a thoughtful gift that brings a bit of island magic into any home, this hibiscus breeze soy wax candle is a self-care must have!*

**KARLI ROSE WILSON**  
FOUNDER OF TO BE HAWAII

## 2 STRESS MANAGEMENT

Managing stress is crucial for maintaining overall health. Chronic stress can lead to various health issues, including anxiety, depression, and heart disease. One effective method for managing stress is practicing deep breathing exercises, which can help calm your mind and body. Limiting screen time, such as turning off your cell phone for a few hours each day, can also reduce stress and improve sleep quality.



*Consider incorporating locally sourced teas and essential oils for relaxation and stress relief like Nanea tea. Ingredients like ashwagandha, moringa and māmaki are included to help to alleviate stress and fatigue.*



**BRYON GOO**  
FOUNDER OF TEA CHEST HAWAII

## 3 CREATING HEALTHY ROUTINES

Incorporating small changes into your daily routine can lead to significant improvements in your overall health and well-being. For instance, taking a daily walk can boost both your physical and mental health, especially if you walk in nature. Healthy eating is another crucial aspect of maintaining a healthy routine. Focus on a balanced diet rich in fruits, vegetables, and whole grains.



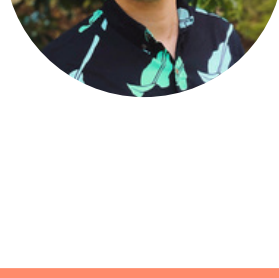
*Discover the perfect balance of flavor and sustainability with cassava chips, a locally made snack that makes healthy eating convenient and delicious.*



**LOREN SHOOP**  
FOUNDER OF 'ULU MANA

## 4 SOCIAL CONNECTIONS

Maintaining social connections is vital for mental and emotional health. Strong social ties can increase longevity, reduce stress, and promote overall well-being. Regular check-ins with friends and family, even virtual meetups, can help you stay connected. Joining local groups or clubs can also provide opportunities to meet new people and build meaningful relationships.



*Pono Potions Hibiscus syrup is a delicious additive for summer Hibiscus lemonade or tropical cocktails and spritzers. Ideal for having a social drink with family and friends!*



**PETER HESSLER**  
FOUNDER OF PONO POTIONS

## 5 SLEEP HYGIENE

Quality sleep affects all aspects of health as it's the body's time to restore, recharge, and heal. A full sleep cycle boosts memory, repairs tissues, and supports immune function, and adults typically need 6-8 hours of sleep each night. Lack of sleep increases the risk of chronic health issues, such as diabetes, heart disease, and obesity. To improve your sleep, consider exercising regularly, avoiding caffeine before bed, and creating a restful environment.



*Check out local skincare products and luxury natural bath items like the Pure Hawaii's Deep Ocean Magnesium Drops to enhance your nighttime self-care routine and help relax your muscles for better sleep!*



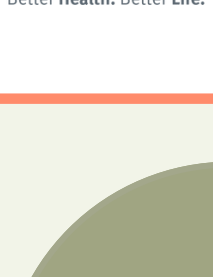
**SANDRA GIBSON**  
FOUNDER OF SEA SALTS OF HAWAII

## 6 CONNECTING THE DOTS TO PHYSICAL WELL-BEING

Small changes can have big results. According to research, people are more successful with their health goals when their motivation comes from within. Start with forming small habits to improve your overall health. This can include maintaining a healthy weight, making healthy food choices most of the time, exercising, and more! Scan the QR code below to learn more:



Scan to learn more



Better Health. Better Life. Embrace celebrating well-being by integrating these wellness tips into your daily life.

At UHA we believe health and happiness go hand in hand. That's why as Hawaii's only homegrown, physician-founded health insurer, we work closely with Hawaii's businesses to bring health and well-being to their employees and workplaces every day.

With the support of our comprehensive health and wellness benefits and quality health plans, you can enhance your well-being and enjoy a healthier, happier lifestyle.

### Behind our Partnership

UHA Health Insurance is a Voyager Level partner of Mana Up, helping contribute to supporting Hawaii product companies reach global markets! UHA was founded by a group of physician educators at the University of Hawaii John A. Burns School of Medicine. Their focus was to provide Hawaii's people with access to high quality health care. Today, UHA offers one of Hawaii's largest physician networks, while staying committed to its founders' mission and working to make health care simpler, smarter and more caring.



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