

Atlas Insurance Agency - Your Navigation Partner



Volume 22 Issue 2  
February 2026

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## Core Values

Pono  
Lokahi  
Alaka'i  
Ho'okele  
Kakou  
Imi'ike

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## Happy Valentine's Day!

Dim sum one say LOVE was in the air? Our Office Activities Committee (OAC) hosted a Valentine's Day and Chinese New Year celebration! Thank you to everyone who helped us celebrate - you fill our hearts (and stomachs) with love and sweet vibes!



## Happy Valentine's Day!, Cont.



## Atlas Rise & Grind Treat—Fresca Hawaii!

We were treated to Fresca Hawaii for our latest Rise & Grind Cafe event at our Honolulu office! We enjoyed ube horchata, biscoff horchata, matcha horchata, and strawberry lychee juice for a dairy-free option. These handcrafted drinks were the perfect mid-day pick-me-up for our team!

Mahalo to Fresca Hawaii for helping us make this event so refreshing and memorable!



## Atlas Rise & Grind Treat—Fresca Hawaii!, Cont.



## Client First Program

### Customer Satisfaction



**Atlas began working with Market Trends Pacific to survey clients on our performance. We started to gather positive comments and wanted to share what our clients are saying about us!**

"Jordan Viernes was very helpful. You need more agents like him."

*Philip B.*

"Recently needed to get Hurricane Insurance and Irene got back to me quickly with quotes. The service was exceptional and professional."

*Sandra & Elliot L.*

"Account Manager Christopher Singhavara was the best - very prompt and his assistance with policy changes on short notice was greatly appreciated."

*Lilian S. Marumoto Trust*

"Our agent Ross was very friendly and great at communicating the different options. Made the process very easy."

*Andrew & Megan T.*

"Jason Ajimine is very responsive and knows how to best serve my needs when searching for an insurance for my new condo. I have always had a good experience with Jason Ajimine. He is a very reliable and knowledgeable agent. I appreciate his diligence and quick response to my needs and questions."

*Nattie, Adolfo, & Donna N.*

"The receptionist, Dahlia, who answered the phone greeted me warmly and knew who to direct my call immediately."

*Valerie M.*

# Risky Business Corner

## Mental Stress as an Emerging Trend in Workers' Compensation



By: Adrene Thompson

### Introduction

Workers' compensation systems have traditionally focused on physical injuries such as falls, machinery accidents, and repetitive strain injuries. However, as workplaces evolve, and job demands increase, mental stress and psychological injuries are becoming a significant trend in workers' compensation claims. Factors such as high workloads, workplace trauma, harassment, and job insecurity have pushed mental health to the forefront of occupational safety discussions. Today, workers' compensation systems are under pressure to recognize and address mental stress as a legitimate workplace injury.

### Understanding Mental Stress in the Workplace

Mental stress injuries may include conditions such as anxiety disorders, depression, post-traumatic stress disorder (PTSD), and emotional burnout that arise directly from work-related activities or environments. High-risk professions such as healthcare, emergency services, law enforcement, and education often experience elevated stress due to exposure to trauma, long hours, and emotional labor. Unlike physical injuries, mental stress claims are harder to diagnose and measure, making them more complex for workers' compensation systems.

### Growing Recognition of Mental Health Claims

Many jurisdictions now acknowledge that mental stress can be just as debilitating as physical harm. Some systems distinguish between:

- Mental-mental claims (mental injury caused by mental stress, such as workplace harassment)
- Physical-mental claims (mental injury resulting from a physical injury)
- Mental-physical claims (physical illness caused by mental stress)

### Impact on Employers and Insurers

The rise of mental stress claims has financial and operational implications. Employers may face higher premiums and increased administrative responsibilities, while insurers must adapt claim assessment processes to include psychological expertise. As a result, many organizations are shifting toward preventive strategies, such as employee assistance programs, stress management training, flexible work arrangements, and mental health awareness initiatives.



# Risky Business Corner



## Mental Stress as an Emerging Trend in Workers' Compensation, Cont.

### The Role of Prevention and Early Intervention

A major trend shaping the future of workers' compensation is the emphasis on **prevention rather than compensation alone**. Employers are increasingly investing in:

- Mental health training for managers
- Workload management and realistic performance expectations
- Anti-harassment and anti-bullying policies
- Access to counseling and mental health resources

Early intervention can reduce long-term disability claims and help employees return to work sooner.

### Conclusion

Mental stress is no longer a hidden or secondary issue in the workplace. It is a defining trend shaping the future of workers' compensation systems. By acknowledging psychological injuries, addressing challenges in claim evaluation, and prioritizing prevention, workers' compensation programs can better protect employees while supporting healthier, more productive workplaces.

## PL Referrals!

Please continue to refer your friends and family (all islands) for a personalized Insurance Analysis for our Personal Lines Referral Program! Staff receives \$25 per referral and then \$25 for every referral bound. If you would like to participate in this program, please contact Colissa Kagihara at (808) 533-8725 or [ckagihara@atlasinsurance.com](mailto:ckagihara@atlasinsurance.com).

Here are the staff that helped with the program for the month of February 2026!



*Alan Lee, 1 referral; Della Nakamoto, 1 referral; Elaine Gascon, 3 referrals; Jessica Pippin, 1 referral; Jimmy Lui-Kwan, 4 referrals, 1 bound; Kanani Cuevas, 1 referral; Kim Soares, 1 bound; Pam Varma, 1 referral; Shane Choi, 1 referral; Terri Workman, 2 referrals.*

## UH Manoa College Fairs!

Our marketing team had a great time connecting with the next generation of business leaders at the University of Hawaii at Manoa's Shidler College of Business Career Fair! And then later went back for their Career Center's Spring Career Fair! We enjoyed meeting so many talented, driven students who are excited about building careers right here in Hawaii. At Atlas, we believe in investing in future talent and creating meaningful growth opportunities in Hawaii. Mahalo to the students who stopped by to talk story with us - we look forward to staying connected!



## Understanding Communication Styles

Our most recent Toastmasters meeting brought a small change of scenery as we gathered for the first time in the City Financial Tower Conference Room. It was great to see everyone adapt seamlessly to a new meeting location while keeping the same welcoming and engaging atmosphere our club is known for. Trying new spaces is just another reminder that Toastmasters is about flexibility and growth, both as speakers and as a community.



One of the highlights of the meeting was a presentation by Jana Mukogawa titled “Communication Styles and the Chinese Zodiacs.” In her speech, Jana explored how different personality traits and communication styles can influence the way we interact with others. Using the Chinese Zodiac as a creative lens, she connected personality tendencies with how people express ideas, process feedback, and collaborate with teammates.

Understanding communication styles is especially important in the workplace. Not everyone communicates the same way. Some people prefer direct conversations, while others lean toward thoughtful reflection before responding. Some communicate with energy and storytelling, while others focus on clarity and structure. When we recognize and adapt to these differences, we become better teammates, stronger leaders, and more effective communicators.

Jana’s speech served as a great reminder that communication is not just about what we say, but also about how we listen, interpret, and respond to others. By becoming more aware of different styles, we can build stronger relationships, reduce misunderstandings, and create more productive collaboration in the office.



Thank you, Jana, for an insightful and engaging presentation that gave us all something to reflect on the next time we communicate with colleagues and teammates.

