

MONTHLY SELF-CARE NEWSLETTER

JANUARY 2024

CONNECTIONS MATTER



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SELF-CARE MATTERS

The KISD Self-Care Committee is focused on the following mission and vision.

MISSION STATEMENT

To promote the health and well-being of KISD staff and those we serve.

VISION STATEMENT

To decrease the stigma attached to mental health and increase awareness of social and emotional health and well-being by providing employees access to resources and additional support.



District-wide Character Traits

Responsibility: Making good choices and accepting the positive or negative outcomes of our actions.

Responsibility & Self-Care: Replace blaming and complaining with acts of intention concerning your mental and physical wellness.

DIRECTOR'S CORNER



Welcome to 2024!

The New Year is an excellent time for new beginnings. Begin this year by prioritizing your wellness. Be consistent to create positive change.

Remember wellness is a holistic approach that requires your daily attention. It's a process that includes checking in with the mind, body, and spirit.

Accept responsibility as a means of nurturing yourself rather than depleting your emotional and physical energy. As a result, you'll witness yourself unfolding your destinies and becoming the very best version of you.

Make this year your best year ever!

Happy New Year,
Shannon Lumar

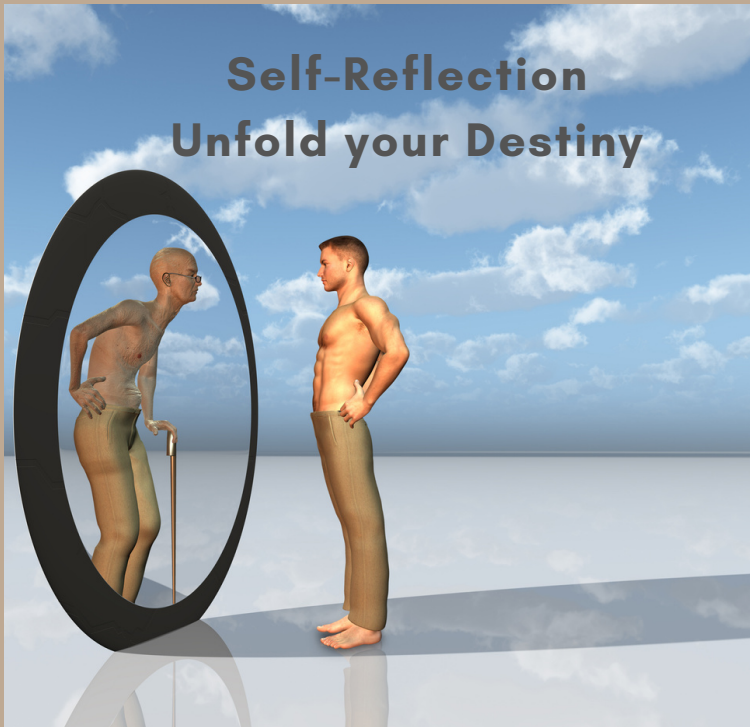


2024



SELF-CARE TIPS

Taking Responsibility as a Form of Self-Care



CONNECT & EMPOWER = SELF-CARE IN ACTION



Responsibility

- Experiencing a state of aimlessness
- Anxious
- Pestering conscience
- You and others might suffer
- You'll miss opportunities
- Feelings of dependency and indignity
- You won't make your full impact on the world

Responsibility

- Feelings of actively participating in life
- Feeling connected to the world around you
- Enjoying dignity and independence
- Using your distinct talents and abilities
- Feelings of satisfaction will outweigh frustration and helplessness
- You'll go from being reactive to being proactive
- The positive effects of your actions will reach far beyond your scope of vision

Please visit the website, <https://www.killeenisd.org/Page/14966>, for frequent updates of helpful mental wellness information for staff, students, and parents.



KISD Self-Care Calendar & Other Helpful Information:
<https://www.killeenisd.org/Page/15353>

You may also follow www.actionforhappiness.org to find a variety of resources for creating a happier and kinder world.



Accessing the Employee Assistance Program is easy & free: call **1-800-316-2796** or visit www.mutualofomaha.com/eap/.

Find resources on emotional well-being, substance abuse & addiction, physical health, and many more.